

# Low-dose aspirin to prevent preeclampsia and premature birth

**For some women, taking low-dose aspirin during pregnancy may help reduce your risk for serious problems for you and your baby, like preeclampsia and premature birth.**

Preeclampsia is when you have high blood pressure and signs that some of your organs, like your kidneys and liver, may not be working right. Preeclampsia can happen after the 20th week of pregnancy or right after pregnancy.

If not treated, preeclampsia can cause serious problems for you and your baby, including premature birth (before 37 weeks of pregnancy). Babies born early may have more health problems than babies born on time.

**If you're at risk for preeclampsia, your provider may recommend you take low-dose aspirin.**

- ✓ If your provider says it's OK, take low-dose aspirin each day. You can buy it over-the-counter, or your provider can give you a prescription for it. It's also called baby aspirin or 81-mg aspirin.
- ✓ Take the aspirin exactly as your provider tells you to.
- ✓ Go to all your prenatal care checkups, even if you're feeling fine. You can have preeclampsia and not know it.
- ✓ If you have signs or symptoms of preeclampsia (like severe headaches, blurred vision or swelling in the hands or face) during or after pregnancy, call your provider right way.

## TAKE ACTION

**Ask your provider about low-dose aspirin.**

Tell your provider if you have **even one** of these risks for preeclampsia:

- You've had preeclampsia before.
- You're pregnant with multiples.
- You have high blood pressure, diabetes, kidney disease or an autoimmune disease like lupus.

Tell your provider if you have **more than one** of these risks:

- You've never had a baby before, or it's been more than 10 years since you had a baby.
- You're obese.
- Your sister or mother has had preeclampsia.
- You had complications in a previous pregnancy, like your baby had low birthweight.
- You're 35 or older.
- You're African-American. African-American women are more likely than other women to have preeclampsia.

Certain stresses in your life, like having low income or little education or health care, can increase your risk for preeclampsia. **Talk to your provider about all your risks for preeclampsia to see if low-dose aspirin is right for you.**

## WATCH A VIDEO

[marchofdimes.org/preeclampsia](https://marchofdimes.org/preeclampsia)