

Is low dose aspirin right for me? Know your risk of preeclampsia

Preeclampsia is a serious condition during pregnancy that can cause high blood pressure and some of your organs to not work properly. It can lead to serious problems for you and your baby, including preterm birth (before 37 weeks of pregnancy).

Know your risk factors and talk to your provider if you have even one of these risks for preeclampsia:

- You've had preeclampsia before.
- You're pregnant with more than 1 baby (twins, triplets).
- You have high blood pressure, diabetes, kidney disease, or an autoimmune disease like lupus.

Talk to your provider if you have more than one of the following risks:

- You've never had a baby before, or it's been more than 10 years since you had a baby.
- You're considered obese with a body mass index (BMI) of 30 or higher.
- Your sister or mom has had preeclampsia.
- You're 35 or older.
- You're African American/Black—this is a risk factor due to historical inequities and structural racism.*
- You have financial hardship or it's hard to pay your most basic bills.*
- Any of your other babies were born small for their age or with a low birth weight.
- You've experienced previous harmful pregnancy outcomes.
- This pregnancy was conceived using in vitro fertilization.

*Some stressors in life, like low income, lack of access to healthcare, or anti-Black racism, can increase your risk for preeclampsia.



Ask your provider about your risks for preeclampsia and if you should take low dose aspirin.

- ✓ Everyone should be screened for preeclampsia at their first prenatal care visit or before 12 weeks. Ask your healthcare provider if you were screened too.
- ✓ If your provider says it's OK, each day take low dose aspirin (also called baby aspirin or 81-mg aspirin).
- ✓ Take the aspirin exactly as your provider tells you to.
- ✓ Some patients shouldn't take low-dose aspirin, so always talk to your provider first. Their decision is based on things like your health issues, medications you're taking, and any allergies you have.
- ✓ Go to all your prenatal care checkups, even if you're feeling fine. You can have preeclampsia and not know it.

For more information on low dose aspirin, go to marchofdimes.org/lowdosebigbenefits

Disclaimer: This information is intended for general knowledge and shouldn't substitute professional medical advice. Always consult with your healthcare provider before taking any medication during pregnancy.