



HOW A LOW-DOSE ASPIRIN REGIMEN CAN IMPROVE PREGNANCY OUTCOMES

Low-dose aspirin (often called LDA) is sometimes recommended during pregnancy to help reduce the risk of preeclampsia, a serious condition that can affect both the pregnant person and the baby. Medical groups such as the American College of Obstetricians and Gynecologists (ACOG) suggest low-dose aspirin for those with certain risk factors, usually after the first trimester. Your provider can determine if it is appropriate for an individual pregnancy.

What Is Low-Dose Aspirin?

Low-dose aspirin, often called “baby aspirin” (81 mg), is a medication that can help reduce inflammation and improve blood flow. During pregnancy, it is sometimes recommended to help lower the risk of certain complications.

Why Is It Used in Pregnancy?

Low-dose aspirin is most commonly used to help prevent or delay preeclampsia, a pregnancy-related condition that involves high blood pressure, which can affect the health of both the pregnant person and the baby.

Is it Safe?

Low-dose aspirin has been widely studied and is considered safe for many pregnant people when prescribed or recommended by a healthcare provider. It should not be started without guidance from your doctor.

What Is Preeclampsia?

Preeclampsia is a condition that usually develops after the midpoint of pregnancy. It can include:

- High blood pressure: The pressure in the arteries is higher than it should be.
 - If you are checking your blood pressure at home and the top number is 160 or higher, or the bottom number is 110 or higher, you should seek medical attention.
- Swelling of the hands or face
- Headaches or vision changes
- Trouble breathing
- Severe nausea or vomiting
- Pain in your belly
- Problems with organs such as the liver or kidneys.

If you are experiencing any of these symptoms, please contact 911.

What Can You Do?

- Watch for signs of preeclampsia. If you notice any, call your doctor immediately.
- Keep up with all of your follow-up appointments.
- Make a postpartum care plan.
- Trust your instincts.

Early prevention and monitoring can improve outcomes.

Who Might Be Recommended Low-Dose Aspirin?

Healthcare providers may recommend low-dose aspirin for pregnant individuals who have:

- A higher risk of developing preeclampsia, or
- More than one moderate risk factor
 - Preeclampsia in a prior pregnancy
 - Chronic hypertension
 - Type 1 or type 2 diabetes
 - Autoimmune disease

This decision is individualized and based on a person's health history.



Important Reminders

- Do not start aspirin during pregnancy without talking to a healthcare provider.
- Always follow the dose and timing recommended by your provider.
- Low-dose aspirin is a preventive tool, not a treatment for active diseases.

When Is It Started?

If recommended by a healthcare provider, low-dose aspirin is typically started after the first trimester, typically between 12 and 28 weeks of gestation, ideally before 16 weeks, and then continued daily until delivery.

Reduced Risks for Mother and Baby

Preeclampsia

- ↓ 15% fewer cases
-  1–6 fewer per 100 pregnancies

Early birth (before 37 weeks)

- ↓ 20% fewer preterm births

Poor baby growth

- ↓ 18% fewer growth problems

Baby death (stillbirth or newborn death)

- ↓ 20% fewer losses

Where to Learn More

- [American College of Obstetricians and Gynecologists \(ACOG\)](#)
- [Society for Maternal-Fetal Medicine \(SMFM\)](#)
- [Preeclampsia Foundation](#)
- [U.S. Preventive Services Task Force \(USPSTF\)](#)
- [March of Dimes: Healthy Moms. Strong Babies.](#)
- Your local healthcare clinic or prenatal care provider

For more information about MCAH, please email us at askMCAH@SBcounty.gov or call 800-227-3034.