

Next pregnancy

If you have had pre-eclampsia your risk increases with your next pregnancy.

After this pregnancy make sure you get back to your pre-pregnant weight

Maintain a healthy active lifestyle and eat healthily

When you do get pregnant again, book with an LMC early and make sure they know you have had pre-eclampsia in the past

For more information:

- Talk to your LMC
- www.nzapec.com
- www.preeclampsia.org



Low dose Aspirin

Reducing your risk of pre-eclampsia

What you need to know

Pre-eclampsia

Pre-eclampsia is a condition in pregnancy that can result in you and your baby becoming critically ill. One of the common symptoms is high blood pressure.

Pre-eclampsia occurs in up to 1 in 10 pregnant women, however if you have risk factors the chance of getting pre-eclampsia increases to 1 in 5.

If you have any of the following risk factors taking low dose aspirin during pregnancy reduces your risk, and increases your chance of having a healthy baby.

Risk factors for pre-eclampsia

- You have had pre-eclampsia before
- You have moderate or severe high blood pressure
- You have diabetes (type 1 and 2)
- You have kidney disease
- You have an autoimmune disease e.g. SLE

Aspirin may also be recommended if you:

- Had a previous very small baby
- Had heavy bleeding in a previous pregnancy caused by the placenta detaching from the womb.

Extra pregnancy care

If you have one of the risk factors listed you will see an obstetrician, who will make a plan with you and your LMC for your pregnancy care. A doctor (obstetrician or your GP) will give you a prescription for low dose aspirin.

Taking Low Dose Aspirin (LDA)

- Make sure you take your prescription to the pharmacy, the prescription cost is only \$5
- Take one tablet (100mg) once a day with food
- Take the aspirin as early in your pregnancy as possible and continue until you are 36-37 weeks pregnant.
- Make sure you store the aspirin safely away from children

Is low dose aspirin safe?

Aspirin is a safe and commonly used medicine. There is no evidence that it is harmful in pregnancy.

Aspirin works by making your blood less sticky, there is no evidence that it increases your risk of bleeding, but as with all pregnant women if you do notice any bleeding talk to your LMC immediately.

When is Aspirin not recommended?

Do not take aspirin if:

- If you are allergic to aspirin
- If you have ever had a stomach ulcer
- If taking painkillers gives you asthma symptoms

Calcium

Calcium has also been found to be beneficial to women who are at risk of developing pre-eclampsia. The obstetrician will also prescribe calcium if they believe it is needed.

