

### Aspirin Guideline

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#### Key Amendment

Date	Amendment	Approved by
12 <sup>th</sup> May	New Guideline	Dr Anna Fabre-Gray

#### ASPIRIN

NICE recommends that Aspirin reduces the risk of pregnancy complications from placental disease, particularly pre-eclampsia. Therefore a full history at booking is essential.

Dosage is 150mg PO/OD from 12-36/40 and may be more effective if taken at night. Contraindications include Aspirin allergy and history of GI bleeding or ulceration.

A reduced dose 75mg may be considered in cases of hepatic or renal impairment. Aspirin can either be bought over the counter, or prescribed by obstetrician or GP.

Risk level	Risk factors	Recommendation
High	<ul style="list-style-type: none"> <li>Hypertensive disease in previous pregnancy</li> <li>Chronic renal disease</li> <li>Autoimmune disease such as SLE or APS</li> <li>Type 1 or 2 diabetes mellitus</li> <li>Essential hypertension</li> <li>Evidence of placental dysfunction in a previous pregnancy, e.g. SGA &lt;10<sup>th</sup> centile, evidence of FGR or placental histology suggestive of placental dysfunction</li> <li>Low PAPP-A (&lt;0.4MoM)</li> </ul>	<p><i>Low dose Aspirin in 1 or more high risk factors</i></p> <p><i>150mg PO/OD/nocte from 12-36/40</i></p>
Moderate	<ul style="list-style-type: none"> <li>First pregnancy</li> <li>Maternal age (&gt;40yrs at booking)</li> <li>Inter-pregnancy interval &gt;10 years</li> <li>BMI &gt;35 at booking</li> <li>Family history of pre-eclampsia in first degree relative</li> <li>Multiple pregnancy</li> </ul>	<p><i>Low dose Aspirin in 2 or more moderate risk factors</i></p> <p><i>150mg PO/OD/nocte from 12-36/40</i></p>