

Signs to look out for in pregnancy

- You have a severe headache, particularly at the front of your head
- You have problems with your vision, such as blurring or flashing before the eyes
- You have severe pain under your ribs or in the top right side of your tummy
- Vomiting
- Sudden swelling of your face, hands or feet
- You have concerns about how your baby is moving

Ring your LMC straight away if you have any concerns

If you cannot get hold of your LMC contact your local maternity ward at any time.

North Shore Maternity:
(09) 486 8920 x 3056

Waitākere Maternity:
(09) 837 6605

Next pregnancy

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

After you have had your baby, start to work on getting back to your normal pre-pregnant weight.

Maintain a healthy and active lifestyle and eat healthily

When you get pregnant again, book with a midwife before you are 10 weeks pregnant. Talk to your LMC about your last pregnancy and tell them that you have had pre-eclampsia in the past.

For more information

Talk to your LMC and visit the following websites:

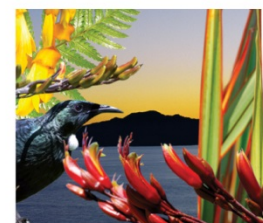
www.nzapec.com

www.preeclampsia.org



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Aspirin and calcium

Reducing your risk of pre-eclampsia and a small baby

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 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
- You have a family history of pre-eclampsia in your mother or sister
- This is an IVF pregnancy (oocyte donation)

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 or more of the risk factors you will talk to an obstetrician, who will make a plan with you and your LMC for your pregnancy care. You will receive 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, ideally in the evening
- Start taking the aspirin at 12 weeks of pregnancy (if 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 if you do notice any bleeding talk to your LMC immediately.

When aspirin is 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. You may also be prescribed and recommended to start taking a calcium tablet everyday with your aspirin tablet

