



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Aspirin Low Dose

Pharmacy and Cardiology

The dose of aspirin which has been prescribed for you is:

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Why has my doctor given me a low dose of aspirin and what are the benefits?

A low doses of aspirin (75mg once daily) can be used to reduce the risk of having a heart attack or stroke for patients who have cardiovascular disease (for example, have had a heart attack, have angina or are known to have narrowing of the blood vessels).

Check with your doctor if you are still not sure why you need to take a low dose of aspirin.

How does it work?

Aspirin helps to prevent blood clots forming in the blood vessels that feed the heart muscle and other organs. Clots can block these vessels and cause a heart attack or other problems with your circulation, e.g. a stroke.

How should I take my aspirin?

Always follow the instructions on the label. This will usually mean taking your aspirin once every day, preferably after food or with a glass of milk.

Do not stop taking this medicine unless your doctor tells you to.

You should inform your doctor or dentist that you are taking aspirin before any treatment or surgery is arranged.

If you take the soluble tablets you can dissolve them in a glass of water. If you take the coated tablets swallow them whole with a full glass of water and avoid taking medicines for indigestion one hour before or one hour after taking your aspirin.

What should I do if I miss a dose?

Take it as soon as you remember. If it is nearly time for the next dose, do not take the one you missed. Take the next dose at the usual time.

Do not double the next dose.

What are the risks of having aspirin?

There are risks and benefits of taking all drugs however your doctor will discuss why there are more benefits than risks for you taking aspirin. There are some side effects to all drugs.

What are the side effects of aspirin?

All medicines have side effects. Not everybody will experience side effects.

With low dose aspirin, side effects are rare. However, aspirin can sometimes irritate the stomach causing heartburn or indigestion. If this happens, or if your bowel movements become black, contact your doctor.

Some people are allergic to aspirin. This is more common in people who have asthma. If your breathing feels tight after taking aspirin, contact your doctor as soon as you can.

If you take aspirin it can take longer for your blood to clot and you may notice that if you cut yourself you bleed for a little longer, or that you bruise more easily. Very rarely aspirin can cause severe bleeding, please inform your family doctor (GP) of marked bruising or evidence of blood loss.

Can I take other medicines while taking aspirin?

Some medicines contain aspirin (including ones that you can buy, especially cold or flu remedies) and you must avoid these.

Aspirin only prevents blood clots when it is used in a low dose. If you need to take medication for pain relief, fever or headaches it is important you do not take any medicines containing aspirin for these conditions.

By taking more aspirin than you are prescribed you will lose the beneficial effects of taking a low dose of aspirin and may end up with more side effects. A suitable alternative for pain relief, or for reducing fever, is paracetamol.

It is important that you check with your doctor or pharmacist before you take any other medicines.

Are there alternative treatments available?

If you have been prescribed aspirin it is the most appropriate treatment for you. If you have any side effects please discuss with your doctor as they may be able to prescribe an alternative for you.

What will happen if I decide not to take aspirin?

If you decide not to take aspirin you will not get any of the benefits. You must discuss this with your doctor as they need to know if you are not taking it and may prescribe an alternative for you.

This leaflet is not a substitute for any advice that your doctor, nurse or pharmacist may give you.

You can get more detailed information from the manufacturer's information leaflet.

Feedback

Your feedback is important to us and helps us influence care in the future

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further Information

NHS website www.nhs.uk

**NHS 111 - 111 is the non-emergency number for urgent medical advice
Tel: 111**

**Author: Pharmacy and Cardiology
Review Date: October 2020**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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