

Department of Cardiology/Pharmacy

Aspirin

Action

A low dose of aspirin helps to stop blood clots. It lowers the risk of you having a heart attack or stroke. It is usually given to people:

- who have already had a heart attack
- who have already had a stroke
- who have angina
- who have problems with their blood circulation that could lead to a heart attack or stroke

Taking your aspirin

Take your dose at the same time each day. Aspirin is usually taken in the morning with or soon after a meal. There are **two** types of aspirin:

- **Soluble aspirin** – dissolve the tablet in a little water and drink the mixture.
- **Enteric coated aspirin** – swallowed the tablet whole and wash it down with a little water. The tablet must not be crushed or chewed.

Problems to watch out for

- People who have had a stomach ulcer should not take aspirin. Your doctor can give you another medicine to reduce the risk of blood clots.
- Tell your doctor if you get stomach upset or stomach pain after taking aspirin.
- Tell your doctor if you see blood in your vomit or faeces while taking aspirin.
- Tell your doctor if you feel wheezy after taking aspirin.
- Do not take any other medicines containing aspirin. The amount is too small to help with pain relief. If you need a pain killer, paracetamol is usually safe to take.
- Tell your doctor if you get any unusual effects from taking aspirin.
- Children under the age of 16 years should not normally take aspirin unless the doctor tells them to.
- Women who are pregnant or breast-feeding should not take aspirin unless the doctor tells them to.



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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