

Aspirin

What is Aspirin?

Aspirin is a medicine that lowers your chance of getting blood clots. It keeps cells in your blood (platelets) from grouping together. This will lower your risk for stroke or heart attack.

Aspirin can also lower your risk for colorectal cancer if taken for at least 10 years. It does this by reducing inflammation in your body.

Long-lasting (chronic) inflammation can cause abnormal cell growth, which can lead to some types of cancer.

Aspirin is a type of blood-thinning medicine known as a non-steroidal anti-inflammatory drug (known as an NSAID).

How Is It Given?

Aspirin is a tablet you swallow with water.

Follow your health care provider's directions for how and when to take aspirin. It is important to take it at the same time each day.

If aspirin upsets your stomach, you can try taking coated tablets or take aspirin with food.

Who Should Take a Daily Aspirin?

The U.S. Preventive Services Task Force recommends a daily low-dose (81 mg) aspirin for adults 50 to 70 years of age who are **all** of the following:

- at a higher risk for stroke or heart attack
- willing to take aspirin daily for at least 10 years
- not at a higher risk for bleeding.

Are There Precautions?

- Tell your health care provider and pharmacist
 - before you start or stop taking aspirin
 - what prescription, over-the-counter, minerals, vitamins, herbal and natural products you take.
- Ask your health care provider before taking:
 - blood-thinning medicines
 - warfarin (Jantoven[®])
 - medicines that prevent blood clots
 - clopidogrel (Plavix[®])
 - ticagrelor (Brilinta[®])
 - prasugrel (Effient[®])
 - apixaban (Eliquis[®])
 - rivaroxaban (Xarelto[®])
 - edoxaban (Savaysa[®])
 - romiplostim (Nplate[®])
 - eltrombopag (PROMACTA[®])
 - supplements
 - fish oil
 - vitamin E
 - products that contain aspirin or acetylsalicylic acid (another name for aspirin) such as Excedrin[®]

— anti-inflammatory medicines

- ibuprofen (Advil[®], Motrin[®], Nuprin[®])
- naproxen (Aleve[®], Naprosyn[®]).

What Side Effects May Occur?

The most common side effects are upset stomach and bleeding. You may bleed or bruise more easily or for a longer time.

When to Call Your Health Care Provider

Call your health care provider if you have:

- signs of severe bleeding or bleeding that does not stop
- heavy bruising
- dark stools or blood in your urine.

Talk with your health care provider or pharmacist if you have questions.