

## Patient information

# Aspirin

The information in this leaflet is intended for general guidance. If your doctor has given you different advice, follow their instructions.

Your GP may give you the same tablets known by a different name, the brand name. You should always check with your GP or pharmacist if you are unsure.

### What is aspirin used for?

Aspirin is used to thin the blood and reduce the risk of blood clots forming. By minimizing the risk of clot formation, it helps to reduce the risk of heart attacks and strokes. The dosage is usually 75mg daily. For some other indications, higher doses are used.

### How does it work?

Aspirin works on blood cells called platelets that are used to form clots. Aspirin makes platelets less sticky and prevents clots forming in the blood vessels.

### Most common side effects

- Increased risk of bleeding and bruising
- Irritation of the stomach causing gastrointestinal disturbances

### What if I miss a dose?

If you forget to take your aspirin in the morning, take it later in the day with food. If you forget completely, take your usual dose the next day. **DO NOT** take a double dose.

## General points

If possible dissolve your aspirin in a small amount of water and always take after food. This reduces the possible side effect of stomach irritation, nausea and vomiting.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*