Doclogues

Patient Education Infosheet

DAILY ASPIRIN 325 mg

Not everyone should take it every day



1 Why people take aspirin

- Aspirin reduces platelet clumping and can lower the chance of a clot.
- It may be prescribed for some people with a history of heart attack, stroke, stent, or other vascular disease.

2 Why it can be dangerous

- Aspirin can increase bleeding.
- 325 mg is a full-strength dose.
- Taking it daily without the right reason may do more harm than good.

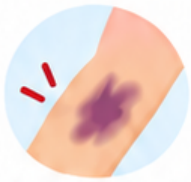
3 Possible risks



Stomach irritation or ulcers



Bleeding from the stomach or intestines



Bruising more easily



Bleeding in the brain (rare, but serious)

4 Do NOT start daily aspirin on your own if you have



- No prior history of heart attack or stroke
- A history of ulcers or bleeding
- You take blood thinners
- Uncontrolled high blood pressure
- Aspirin allergy

5 Important: Emergency vs daily use

Emergency situation

If a doctor or emergency service advises aspirin during a suspected heart attack, it can be lifesaving in the right patient.

Daily routine

Daily aspirin should only be taken if your doctor says you need it.

6 Bottom line

Aspirin is not a routine wellness tablet. The same medicine that can save a life in an emergency can also cause serious bleeding when used unnecessarily.

Please speak to your doctor before starting or stopping aspirin.

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