**RECOVERY Trial**

**Justification of aspirin dose selection for pregnant women**

Aspirin is widely used for the prevention of pre-eclampsia in pregnant women at increased risk of the disease. A recent Cochrane meta-analysis on this topic (Duley et al 2019) included seventy-seven trials (40,249 women) taking aspirin at doses between 60 and 150mg daily. In most trials, aspirin was started from 12 weeks’ gestation, although a more recent meta-analysis has reported eight trials (1426 women) in which aspirin was initiated in the first trimester (Chaemsaithong et al 2020). In light of the clear evidence of effectiveness, 75-150mg aspirin is recommended for pre-eclampsia prophylaxis in NICE guidelines for management of hypertension in pregnancy (NG133), and in the NHS England document ‘Saving Babies’ Lives (version 2) for women at increased risk of placental dysfunction disorders. There is some ongoing uncertainty as to the optimal dose (75mg vs. 150mg) for pre-eclampsia prophylaxis, but both doses are in widespread clinical use in pregnancy in the UK for these indications and in other conditions (e.g. in pregnant women with antiphospholipid syndrome).

References:

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