



If you are taking heparin to prevent pregnancy loss due to Antiphospholipid Antibody Syndrome (APA), you will also need to take low dose aspirin 80 or 81 mg daily.

Low dose ASA is best taken around the same time every day before, during, and for 6 weeks after your pregnancy to lower the risk of blood clotting. Most women who have the APA syndrome will be told to take low dose ASA daily for the rest of their lives.

Heparin:

Heparin is taken by a needle (injections) once or twice daily (12 hours apart) at the same time each day. If you are starting the heparin before pregnancy, start the injections the day after you ovulate and keep giving them until you start your menstrual period. If your menstrual period is a few days late keep giving the heparin injections, have a blood pregnancy test done and call the clinic nurse at 875-3628. If it is positive, keep giving the heparin injections for the rest of your pregnancy and for six weeks postpartum. The dose of heparin will be changed by your doctor now and then throughout the pregnancy.

Calcium:

If you are using heparin in your pregnancy, it is important that you take more of your basic calcium to 1,500 mg daily. This is because heparin taken long term can give you more bone loss. Taking more calcium can be done through both the food you eat and by using calcium supplements. An example of a low cost and often well tolerated calcium supplement in pregnancy is TUMS Extra Strength (300 mg per tab). TUMS are a chewable form of calcium and are best used when taken in three split doses with food.

Other supplements such as Calcium Citrate may be taken on an empty stomach. Choose a type of calcium supplement that suits you. Read the product label for the “basic” amount of calcium per tablet to make sure that you are getting the right daily amount.

Vitamin D:

For calcium to work properly, you need 250 to 400 units of Vitamin D daily. If you are taking Materna, a vitamin supplement for use in pregnancy, you will be getting 250 units of Vitamin D per tablet. Most other multivitamin supplements have 400 units of Vitamin D. Check the label to be sure.

Exercise:

To help lower bone loss while taking heparin, it is important to do low impact weight bearing exercise daily. Any activity that is done while on your feet is weight bearing. Walking at least 3 to 5 times per week for 30 minutes (not doing hills) is one of the safest and best weight bearing activities in pregnancy. Do not do hard, high impact exercise, and do not over work yourself in pregnancy such as: keep your heart rate below 120 beats per minute.