

# Welcome to MotherToBaby

## Confidential information about exposure to radiation while pregnant or breastfeeding

You have been referred to us by our partner, the Health Physics Society (HPS). We care about your well-being and look forward to speaking with you about radiation questions you may have while pregnant or breastfeeding. MotherToBaby can provide information about exposure to radiation from various sources, including medical and dental procedures, air travel, and workplace settings.

[EMAIL AN EXPERT](#)

[LEARN MORE](#)



### Contact Us

*Trained information specialists will answer your questions about exposures and health conditions during pregnancy and breastfeeding. If you reach us outside of regular hours, a specialist will respond to you during the next business day.*

**Call, Text, Chat, or Email. Your Choice.**  
**Reach out Monday through Friday, 8 am - 7 pm ET**

-  **PHONE**
- Call 866.626.6847
-  **TEXT**
- Text 855.999.3525  
(standard messaging rates may apply)
-  **CHAT**
- Click the Live Chat window in the bottom corner of your screen on MotherToBaby.org
-  **EMAIL**
- Fill out our contact form at  
MotherToBaby.org/ask-an-expert

## Our Partnership for Radiation Information

We are dedicated to helping people who seek information about exposure to radiation before pregnancy, during pregnancy, and while breastfeeding. We are proud to partner with the Health Physics Society.



## Why MotherToBaby?


MotherToBaby is a suggested resource by many agencies including the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration's Office of Women's Health. More than 100,000 people and their healthcare providers seek information from MotherToBaby every year.

***"Thank you for your help and reassurance. And thank you for this great service!"***

*— MotherToBaby Help Seeker*

## Our Resources on Radiation





Check out the “Your Guide to Radiation Sources during Pregnancy by MotherToBaby” and Health Physics Society. Available in **English** or **Spanish**, it helps answer common questions about radiation exposure during pregnancy. If you need more information about specific radiation exposure, ask our experts using the live chat box on the bottom right corner of this webpage!




*Your Guide to  
Radiation Sources  
during Pregnancy*


BY MOTHERTOBABY AND  
HEALTH PHYSICS SOCIETY

*Need more information about your  
specific radiation exposure?*


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| <br><b>MotherToBaby</b><br>For personalized information<br>about radiation and other<br>exposures in pregnancy and<br>breastfeeding | <br><b>Health Physics Society</b><br>“Ask the Experts” for<br>helpful answers to<br>questions about various<br>radiation exposures |
|  <a href="https://momtobaby.org/radiation">momtobaby.org/radiation</a>  |  <a href="https://momtobaby.org/hps">momtobaby.org/hps</a>   |




Everyone is exposed to low levels of naturally occurring radiation from the earth (soil), the foods we eat, the water we drink, and the air we breathe.




Microwaves, Wi-Fi, cell phones, ultrasounds, and metal detectors use nonionizing radiation. This type of radiation is not expected to increase risks to a pregnancy.



In most cases, exposure to radiation from medical procedures such as x-rays and CT scans during pregnancy is not high enough to pose a risk to the pregnancy.



Sometimes, people may have higher levels of exposure to radiation because of an illness or ongoing exposure. It’s important to monitor the total radiation dose in these situations to minimize risks for the pregnancy.



Rarely, radiation emergencies can happen. Accidents, such as power plant meltdowns, can lead to elevated levels of radiation in the local area that may be cause for concern.

Access our radiation-related fact sheets, blogs, and podcasts by visiting the MotherToBaby website. Check back frequently as we are constantly adding new resources and updating existing information!

**VISIT OUR WEBSITE**

## Get the Facts

Our MotherToBaby Fact Sheets offer the most current information on exposures in pregnancy and breastfeeding.

**SEARCH**

## Read Our Blogs

Every person wants to know what's best for their baby. Our experts address today's most pressing exposures.

**GO**

## Listen to Our Experts

Host Chris Stallman answers your burning questions about exposures during pregnancy and breastfeeding.

**LISTEN**

**SIGN UP NOW**

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).**

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Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). *OTIS/MotherToBaby encourages inclusive and person-centered language. While our name still contains a reference to mothers, we are updating our resources with more inclusive terms. Use of the term mother or maternal refers to a person who is pregnant. Use of the term father or paternal refers to a person who contributes sperm.* Copyright by OTIS, June 18, 2024.