

Pregnancy & Breastfeeding Questions Answered by Experts

MotherToBaby California is a program of UC San Diego, and we care about your health! Our staff are available 9am-5pm Pacific from Monday-Friday. We provide **free**, personalized risk and safety information about medications, vaccines, alcohol, and other exposures to pregnant and breastfeeding moms, and their healthcare providers. Our team can help you navigate through information regarding your exposures — and how they can impact pregnancy and breastfeeding health.



What's Safe During Pregnancy or Breastfeeding?

Start a live-chat — or drop us a note!

ASK THE EXPERTS



Phone

866.626.6847
Toll-Free



Email

Experts@
MotherToBaby.org



Chat

MotherToBaby.org/
California

Contact us today!



We will not, in any circumstances, share your personal information.

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

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, July 4, 2019.