

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 recognizes that not all people identify as "men" or "women." When using the term "mother," we mean the source of the egg and/or uterus and by "father," we mean the source of the sperm, regardless of the person's gender identity.* Copyright by OTIS, July 4, 2019.