

# 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. **Start a live-chat** — or drop us a note!



866-626-6847



Live-Chat



experts@  
mothertobaby.org

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. Contact us today.



# What's Safe During Pregnancy or Breastfeeding?

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, February 27, 2019.