Your Trusted Partner in Identifying the Safest Treatment Options during Pregnancy

Information & Research

MotherToBaby is the nation’s most trusted resource for information and research about pregnancy exposures.

Contact Us Today
Hablamos Español
CALL
877.311.8972
WEBSITE
MotherToBaby.org/refer
EMAIL
mother@ucsd.edu

MotherToBaby (Apple/Google)

Information and Education

Resources for you & your patients

MotherToBaby provides FREE evidence-based information on the safety of medications and other exposures during pregnancy and breastfeeding.

WE CAN HELP WITH QUESTIONS REGARDING
• prescription & OTC medications
• maternal medical conditions
• vitamins & supplements
• infection & vaccines
• chemical exposures
• alcohol & recreational drugs
• and more...

MotherToBaby is suggested resource by the CDC and the FDA Office of Women’s Health

Observational Pregnancy Studies

Help us find answers to how medications affect pregnancy

PATIENT PARTICIPATION INVOLVES
• One-to-four phone interviews during pregnancy with at least one interview after delivery
• Releasing medical records for their pregnancy and for their baby up to 5 years of age
• May involve a free specialized pediatric exam and neurodevelopmental testing for their child
• No travel or changes to medication use or healthcare routine

Refer your patients today!
877.311.8972 to speak to a specialist
MotherToBaby.org/refer
mother@ucsd.edu

Access FREE Patient Services
• Personalized information from a Teratogen Specialist
• Online fact sheets on common exposures
• Booklets
• Flyers
• Posters
Critical periods of your baby’s development

**WHAT ARE STRUCTURAL BIRTH DEFECTS?**
Structural birth defects are abnormalities in the structure of body parts. Examples include cleft palate, heart defects and spina bifida.

**WHAT ARE FUNCTIONAL BIRTH DEFECTS?**
Functional birth defects are problems in how a body system works. Examples include hearing and vision loss.

**WHAT CAUSES BIRTH DEFECTS?**
Birth defects can be caused by genetic (mutations) or environmental factors (teratogens). Examples of teratogens include alcohol, certain medications, and infections.

This chart shows the most sensitive times of a baby’s development during the 38 weeks of pregnancy:

<table>
<thead>
<tr>
<th>PERIOD OF THE EMBRYO</th>
<th>PERIOD OF THE FETUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 4 5 6 7</td>
<td>8 12 16 20-36 38</td>
</tr>
</tbody>
</table>

**BRAIN/SPINAL CORD (CENTRAL NERVOUS SYSTEM)**

- Heart
- Arms / Legs
- Ears
- EYES
- TEETH
- Palate
- EXTERNAL GENITALS

**ASK THE EXPERTS**

about the safety of medications and other exposures during pregnancy.

Call 877.311.8972
Visit mothertobaby.org
Download App

**RESEARCH FUELED BY MOMS**

For a list of our current observational studies and to see if you qualify, visit mothertobaby.org/studies