

Patient Brochure English

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“Is this medication safe for me and my baby?”

9 out of 10 women in the U.S. take a medication during pregnancy.

Research Fueled by Moms, for Moms

Our observational pregnancy research aims to find answers to whether mom's health conditions and treatments affect her pregnancy.

PARTICIPATION IS EASY!

- 1 to 3 phone interviews during pregnancy with at least 1 interview after delivery
- Releasing medical records for your pregnancy and for your baby
- May include a free specialized pediatric exam and developmental testing for your baby
- No travel or changes to your medication use or healthcare routine

To share your pregnancy or learn more

mother2baby.org/studies
 877.311.8972
mother2baby@ucsd.edu

MotherToBaby Pregnancy Studies is conducted by OTIS and coordinated at the University of California San Diego.

MotherToBaby

MotherToBaby is the nation's most trusted source of evidence-based information on the safety of medications and other exposures during pregnancy and while breastfeeding.

Join the conversation
@MotherToBaby
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MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS) and is recommended by the DAAG of the Women's Health and the Center for Disease Control and Prevention (CDC).

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When your bundle of joy comes with a bundle of questions – Ask the experts –

FREE baby development poster inside

MotherToBaby
PREGNANCY STUDIES

Every mom should have access to accurate information to make the best healthcare decisions.

MotherToBaby provides FREE information on ANY exposure during pregnancy and while breastfeeding.

When you have questions about...

- Prescription and over-the-counter medications
- Recreational substances (like alcohol, marijuana, tobacco, and more)
- Other common exposures (like caffeine, cosmetics and hair treatments, insect repellents, and more)
- Infections and vaccines
- Medical conditions (like asthma, psoriasis, arthritis, and more)
- Workplace exposures (like radiation, chemicals, lead, and more)

... contact our experts to receive personalized information!

Speak directly with a specialist at

877.311.8972
[MotherToBaby.org](https://mother2baby.org)
[MotherToBaby App](#)
 Hablamos Español

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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 certain infections.

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

PERIOD OF THE OVUM	PERIOD OF THE EMBRYO							PERIOD OF THE FETUS				
WEEKS 1-2	3	4	5	6	7	8	12	16	20-36	38		
1	2	3	4	5	6	7	8	9	10	11		
BRAIN/SPINAL CORD (CENTRAL NERVOUS SYSTEM)												
HEART												
ARMS AND LEGS												
EARS												
EYES												
TEETH												
PALATE												
EXTERNAL GENITALS												

*This chart shows the 38 weeks of pregnancy. It's difficult to know exactly when organogenesis occurs, but it is generally considered to occur between 40 weeks from the start of the last menstrual cycle.

ASK THE EXPERTS
 about the safety of medications and other exposures during pregnancy.
 Call 877.311.8972
 Visit mother2baby.org
 Hablamos Español

MotherToBaby
PREGNANCY STUDIES

RESEARCH FUELED BY MOMS
 For all of our current observational studies and to see if you qualify visit mother2baby.org/studies

Adapted from the 1995 report of the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009