

When your bundle
of joy comes with a
bundle of questions

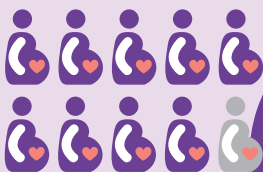
– *Ask the
experts* –

FREE baby
development
poster inside



MotherToBaby®

“
*Is this medication a concern
for me and my baby?*”



9 out of 10
people 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**

 **MotherToBaby.org/studies**

 **877.311.8972**

 **MotherToBaby@ucsd.edu**

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

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



Infections and vaccines



Medical conditions (like asthma, psoriasis, arthritis, and more)



Recreational substances (like alcohol, marijuana, tobacco, and more)



Workplace exposures (like radiation, chemicals, lead, and more)



Other common exposures (like caffeine, cosmetics and hair treatments, insect repellents, and more)




... contact our experts to receive personalized information!

Speak directly with a specialist at

Call 866.626.6847 

Text 855.999.3525 

Live Chat & Email
MotherToBaby.org 

Hablamos Español

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?

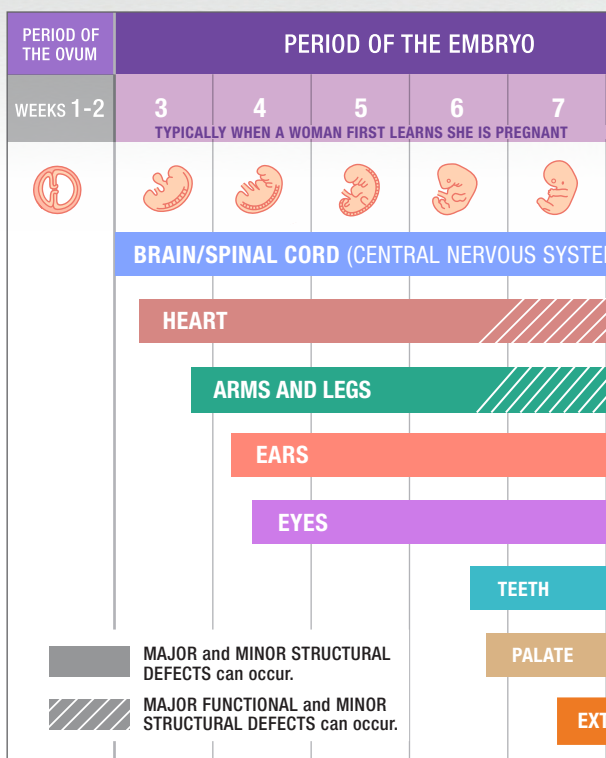
Functional birth defects are problems in how a body system works. Examples include hearing and vision loss.



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*



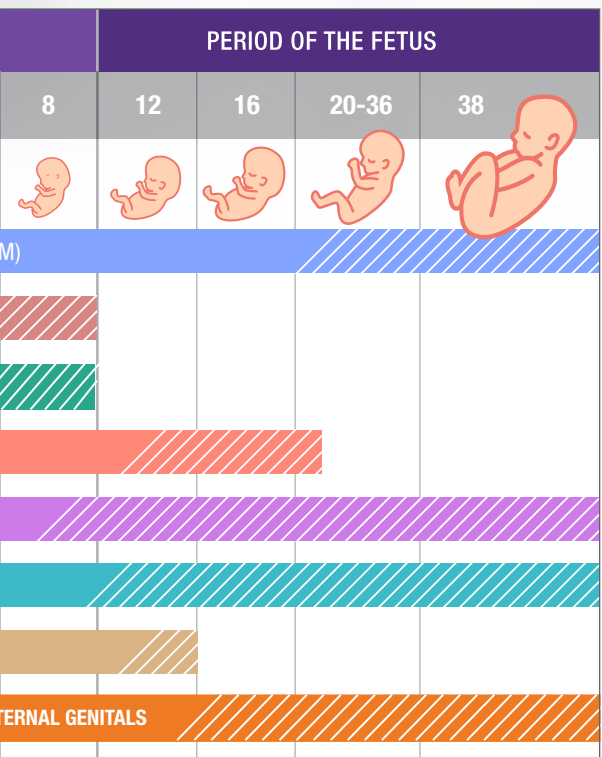
* This fetal chart shows the 38 weeks of pregnancy. Since it is difficult to know exactly when conception occurs, health care providers calculate a woman's due date 40 weeks from the start of her last menstrual cycle.



ASK THE EXPERTS

about medications and other exposures during pregnancy.

Visit **[MotherToBaby.org/Contact](https://www.MotherToBaby.org/Contact)**



Adapted from Moore, 1993 and the National Organization on Fetal Alcohol Syndrome (NOFAS) 2009



MotherToBaby®



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



Join the conversation
@MotherToBaby



MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS), and is recommended by the FDA Office of Women's Health and the Centers for Disease Control and Prevention (CDC).

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