



# I'm Pregnant... Now What?

**Do you have questions about pregnancy and breastfeeding? Do you need accurate, thorough, and immediate answers?**

- Perhaps you just discovered you're pregnant and are wondering if you can still get your hair highlighted?
- Or maybe you're unsure if you should continue your antidepressant medication?
- What if your older child brings home lice and you need to know about the safest treatment while you are breastfeeding?
- And with everything going on in your life, how will stress affect your pregnancy?

## You have questions. We have answers.

OTIS is dedicated to providing accurate evidence-based, clinical information to patients and health care professionals about exposures during pregnancy and breastfeeding.

Visit [www.otispregnancy.org](http://www.otispregnancy.org) (under Resources) to download **FREE Fact Sheets** that summarize the effects of medications and other exposures during pregnancy and breastfeeding. OTIS fact sheets are available in English and Spanish, and provide answers to your questions about:

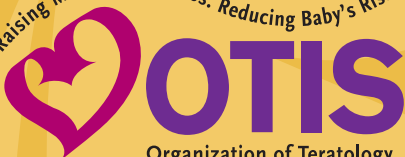
- Medications (including anxiety, asthma, and pain meds)
  - Infections and vaccines (such as chickenpox and the flu)
  - Maternal medical conditions (including depression, diabetes, and inflammatory bowel disease)
  - Illicit substances (such as marijuana and cocaine)
  - Herbal products (like echinacea and St. John's Wort)
- And many other common exposures including acne creams, exercise, and caffeine.

## Do you have additional questions?

If you want to speak with a caring, trained professional about your specific situation, **call OTIS toll-free at 866-626-6847**. You will speak with an OTIS counselor who can answer your questions.

**This service is free and confidential.** Spanish speaking counselors are also available. OTIS is here for you.

Raising Mom's Awareness. Reducing Baby's Risk.



Organization of Teratology  
Information Specialists

[www.otispregnancy.org](http://www.otispregnancy.org)



**OTIS Pregnancy is also on Twitter, Facebook & Myspace!**