

## Highlighted Internet Resources

### Addressing Medication Use Before, During, and After Pregnancy

#### Pregnancy and Reproductive Health Resources for Professionals – Addressing Medications

##### **Organization of Teratology Information Specialists (OTIS) materials and telephone consultation**

OTIS has fact sheets on topics such as medications listed by generic names, herbal products, infections and vaccines, maternal medical conditions, illicit substances and other common exposures. OTIS also responds to public and provider inquiries about exposures of concern through its toll-free line (1-866-626-6847).

##### **CDC- Women's Health - Publications and Materials** [www.cdc.gov/women/pubs/reprhlth.htm](http://www.cdc.gov/women/pubs/reprhlth.htm)

This site includes selected publications and materials related to pregnancy, birth defects prevention, and reproductive health. Please note the year of publication may be later than the year(s) the data represent. Also, included is Medication Use during Pregnancy and Breastfeeding (5/30/05) Learn answers to frequently asked questions about medication use during pregnancy.

##### **Preconception Care, Questions & Answers, NCBDDD, CDC**

[www.cdc.gov/ncbddd/preconception/QandA\\_providers.htm](http://www.cdc.gov/ncbddd/preconception/QandA_providers.htm)

This website provides information for health care providers who see women of childbearing age. The last question addresses the various medications that should be addressed with women during preconception care or who are pregnant.

##### **TERIS- The Teratogen Information System and Shephard's Catalog of Teratogenic Agents**

<http://depts.washington.edu/terisweb/teris/index.html>

TERIS is a computerized database designed by the University of Washington to assist physicians or other healthcare professionals in assessing the risks of possible teratogenic exposures in pregnant women. The database consists of a series of agent summaries, each of which is based on a thorough review of published clinical and experimental literature. Each summary includes a risk assessment derived by consensus of an Advisory Board comprising internationally-recognized authorities in clinical teratology.

## **Medication Exposures during Pregnancy and Breastfeeding**

### **Fast Facts, Meds and Breastfeeding, NCBDDD, CDC**

<http://www.cdc.gov/ncbddd/meds/fast.htm>

This website contains information regarding medication used during pregnancy and breastfeeding.

### **Related Links Regarding "Fast Facts About Medication Use During Pregnancy and While Breastfeeding"** [www.cdc.gov/ncbddd/meds/links.htm](http://www.cdc.gov/ncbddd/meds/links.htm)

This site contains websites about additional information on medication use during pregnancy and lactation. It was last updated in 2009.

### **U.S. Food and Drug Administration (FDA) at <http://www.fda.gov/>**

The Food and Drug Administration site contains information related to the use of medications during pregnancy, mainly within:

- **Center for Drug Evaluation and Research** promotes and protects the health of Americans by assuring that all prescription and over-the-counter drugs are safe and effective. CDER also houses the Pregnancy Labeling Task Force.
- **FDA's Office of Women's Health** has compiled information on existing post-marketing pregnancy registries, which seek to monitor exposure to specific medications during pregnancy
- **FDA** maintains an alphabetical index of Safety Information for Specific Drugs. This includes FDA Alerts about a rare side effect in nursing infants whose mothers take codeine products, an increase in the risk of birth defects with paroxetine (Paxil<sup>®</sup>) and a description of the strengthened risk management plan for isotretinoin (Accutane<sup>®</sup>).

### **Research, Meds and Breastfeeding, NCBDDD, CDC** [www.cdc.gov/ncbddd/meds/research.htm](http://www.cdc.gov/ncbddd/meds/research.htm)

*Medication Use during Pregnancy and Breastfeeding, Medication Use during Pregnancy and Lactation: An Urgent Call for Public Health Action and Women's Health.*

The website page contains various articles and publications that include CDC authors and highlight some of CDC's work in the area of medication use during pregnancy.

### **Medication Exposures during Pregnancy and Breastfeeding:**

#### **Frequently Asked Questions (FAQs) (NCBDDD, CDC)** [www.cdc.gov/ncbddd/meds/faqs.htm](http://www.cdc.gov/ncbddd/meds/faqs.htm)

What is CDC doing about the issues of medication use in pregnancy? CDC is working to learn more about the effects of taking medications during pregnancy in several areas. This website has questions with linked information for each question.

### **CDC - Preventing Birth Defects Before and During Pregnancy/ Medications: Information for Pregnant and Breastfeeding Women**

[www.cdc.gov/ncbddd/jump/pregnancy.html](http://www.cdc.gov/ncbddd/jump/pregnancy.html)

There are things that women and their doctors can do before and during pregnancy to help prevent birth defects and other problems. Learn how you can get ready for a healthy

pregnancy and a healthy baby. These include Medication Use during Pregnancy; Preconception Care; Pregnancy-Planning Education Program; Stillbirth.

**Basic info, Medication Use and Breastfeeding, NCBDDD, CDC/**

[www.cdc.gov/ncbddd/meds/activities.htm](http://www.cdc.gov/ncbddd/meds/activities.htm)

Many pregnant women or mothers who are breastfeeding worry about whether to take medications - including prescription and over-the-counter drugs, vitamins, and dietary or herbal supplements. They are afraid these could harm their child. However, sometimes taking medication can't be avoided. Pregnancy and lactation are natural periods in a woman's life. Women who are pregnant or breastfeeding can have short-term or long-term health problems. Some of these require medication. Examples include asthma, epilepsy, high blood pressure, and depression. Women with conditions such as these may need medication to care for their own health and that of their children. In addition, women sometimes take medication before they realize they are pregnant. Then they may worry about the effects of these medications on their unborn child. This can lead to stress and anxiety because there is not enough information available about most medications when taken during pregnancy or while breastfeeding.

[www.cdc.gov/ncbddd/meds/meds.htm](http://www.cdc.gov/ncbddd/meds/meds.htm)

**CDC - Parent Portal - Browse All Parent Topics** [www.cdc.gov/parents/browse\\_by\\_topics.html](http://www.cdc.gov/parents/browse_by_topics.html)

Many pregnant women or mothers who are breastfeeding worry about whether to take medications - including prescription and over-the-counter drugs, vitamins, and dietary or herbal supplements. They are afraid these could harm their child. However, sometimes taking medication can't be avoided. Pregnancy and lactation are natural periods in a woman's life. Women who are pregnant or breastfeeding can have short-term or long-term health problems.

**Published Research Regarding Specific Medications and Birth Defects**

**Antiviral Safety Information (CDC)** [www.cdc.gov/h1n1flu/antivirals/safety\\_info.htm](http://www.cdc.gov/h1n1flu/antivirals/safety_info.htm)

Information regarding antiviral medications is provided for women who are pregnant. Click on the following: Antiviral Agents during Pregnancy

**The Asthma and Asthma Medications in Pregnancy Study - A VAMPSS project**

<http://www.otispregnancy.org/vaccine-and-medications-in-pregnancy-surveillance-system-vampss--p135759>

The Asthma and Asthma Medications in Pregnancy study is researching the effects of short-acting and long-acting beta agonists used for the treatment of asthma in pregnancy. If you have asthma and have used a medication for the treatment of asthma during pregnancy you may qualify for the study. Participants will not be asked to take any medication as part of this study. OTIS is also enrolling controls for this study (women who do not have asthma and have not used a medication for the treatment of asthma during their pregnancy). If you are interested in learning more about this study please contact the coordinating center at: 1-877-311-8972.

**Notice to Readers: Updated Recommendations for Antimicrobial Prophylaxis Among Asymptomatic Pregnant Women After Exposure to *Bacillus anthracis***

[www.cdc.gov/mmwr/preview/mmwrhtml/mm5043a5.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5043a5.htm)

This resource provides information regarding the antimicrobial of choice for initial prophylactic therapy among asymptomatic pregnant women exposed to *Bacillus anthracis* (anthrax), which is ciprofloxacin, 500 mg twice a day for 60 days.. Women who become pregnant while taking antimicrobial prophylaxis should continue the medication and consult a health-care provider or public health official to discuss these issues.

**STDs and Pregnancy - CDC Fact Sheet**

Women who are pregnant can become infected with the same sexually transmitted diseases (STDs) as women who are not pregnant. Pregnancy does not provide women or their babies any protection against STDs. The consequences of an STD can be significantly more serious, even life threatening, for a woman and her baby if the woman becomes infected with an STD while pregnant. It is important that women be aware of the harmful effects of STDs and knows how to protect themselves and their children against infection.

[www.cdc.gov/std/STDFact-STDs&Pregnancy.htm](http://www.cdc.gov/std/STDFact-STDs&Pregnancy.htm)

**Dietary Supplements** <http://www.dshs.state.tx.us/birthdefects/prevent.shtm#Meds>

The National Institutes of Health offers a searchable [dietary supplement database](#). For example, you can do a quick search on "pregnancy" to find out about dietary supplements not recommended for use during pregnancy. (Look for Dietary Supplements in the list)

**Medications** <http://www.dshs.state.tx.us/birthdefects/prevent.shtm#Meds>

Medicines prescribed by doctors and even the medicines that can be purchased without a prescription can have side effects on a developing fetus or pregnancy. All women should talk to their doctor before taking medicine during pregnancy.

**National Organizations with Information and Resources**

**American College of Obstetricians and Gynecologists (ACOG)** <http://www.acog.org/>

The American College of Obstetricians and Gynecologists is a private, voluntary, nonprofit membership organization and is the nation's leading group of professionals providing health care for women. The site contains information related to women's health issues, including during pregnancy.

**Centers for Birth Defects Research and Prevention/National Birth Defects Prevention Study**

<http://www.nbdps.org>

CDC currently funds eight Centers for Birth Defects Research and Prevention (CBDRP), all of which participate in the National Birth Defects Prevention Study (NBDPS). The NBDPS is a multi-site, population based study and provides the nation with a continuing source of information on potential causes of birth defects including environmental factors.

**March of Dimes** <http://www.cdc.gov/reproductivehealth/index.htm>

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality, through research, community services, education and advocacy to save babies' lives. The site includes information related to the use of medications and herbals during pregnancy.

**National Birth Defects Prevention Network** <http://www.nbdpn.org>

The mission of the National Birth Defects Prevention Network is to establish and maintain a national network of state and population-based programs for birth defects surveillance and research to assess the impact of birth defects upon children, families, and health care; to identify factors that can be used to develop primary prevention strategies; and to assist families and their providers in secondary disabilities prevention.

**The National Institutes of Health (NIH)** <http://www.nih.gov>

The NIH website contains information related to healthy pregnancies. It also includes several fact sheets on medications and maternal conditions during pregnancy including information on the use of lupus and psychotropic medications during pregnancy. It also has information on the effects of hypertension and high blood pressure on pregnancy. NIH is the Federal focal point for medical research in the United States and is comprised of 27 separate Institutes and Centers, including:

- **Center for the Evaluation of Risks to Human Reproduction (CERHR)**

<http://cerhr.niehs.nih.gov/index.html>

This Center is located in the National Institute of Environmental Health Sciences (NIEHS), provides scientifically-based, uniform assessments of the potential for adverse effects on reproduction and development caused by agents to which humans may be exposed.

**HHS Office on Women's Health, National Women's Health Information Center**

<http://www.womenshealth.gov>

The National Women's Health Information Center manages a web site and toll-free call center that provide free, reliable health information for women everywhere. The site contains a database of resources and contains topic areas such as pregnancy and medications.

**Organization of Teratology Information Specialists (OTIS)** <http://www.otispregnancy.org/>

Teratology Information Specialists (TIS) are comprehensive and multidisciplinary resources for medical consultation on prenatal exposures. TIS interpret information regarding known and potential reproductive risks into risk assessments that are communicated to individuals of reproductive age and health care providers. OTIS is the coordinating group for Teratology Information Specialists (TIS) in North America. The site provides information on current studies and contact information on its member TIS groups.

**Teratology Society** <http://www.teratology.org>

The Teratology Society is a multidisciplinary scientific society founded in 1960, the members of which study the causes and biological processes leading to abnormal development and birth

defects at the fundamental and clinical level, and appropriate measures for prevention. Members include researchers from a wide range of scientific fields, including pediatrics, anatomy, epidemiology, pharmacology and industrial toxicology, developmental biology, obstetrics, pathology, genetics, and dentistry.

**The American Academy of Pediatrics (AAP)** <http://www.aap.org/>

The American Academy of Pediatrics (AAP) is an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental and social health and well-being for all infants, children, adolescents and young adults. The site contains information related to children's health, including the AAP policy statement on drugs and chemicals in breast milk.

The policy statement is periodically updated by AAP to include the latest information on drugs and chemicals in human breast milk.

**Resources Promoting Healthy Pregnancy Outcomes**

**ABCs of a Healthy Pregnancy** <http://www.cdc.gov/ncbddd/bd/abc.htm>

Birth defects affect approximately 120,000 (one in 33) newborns in the United States each year; they are the leading cause of infant mortality and contribute substantially to illness and long-term disability. Many birth defects are preventable. This website contains information about what can be done to have a healthy pregnancy and a healthy baby.

**Division of Reproductive Health, CDC** <http://www.cdc.gov/reproductivehealth/index.htm>

The CDC's Division of Reproductive Health mission is to promote optimal reproductive and infant health and quality of life by influencing public policy, health care practice, community practices, and individual behaviors through scientific and programmatic expertise, leadership, and support. Their priority areas include infant health, women's health and women's reproductive health.

**Division of Nutrition and Physical Activity, CDC** [www.cdc.gov/nccdphp/dnpao/index.html](http://www.cdc.gov/nccdphp/dnpao/index.html)

CDC's Division of Nutrition and Physical Activity website contains information related to breastfeeding resources, activities, and national policies.