

[2011 March of Dimes Resources about Medication Use Before, During, and After Pregnancy](#)

WEB BASED RESOURCES

Prescription drug use in Pregnancy http://www.marchofdimes.com/pregnancy/alcohol_prescription.html

Web-based educational resources for health care professionals and can be recommended for the general population. It is a moderate reading level. It is a simple review on medication use for the professional and woman during pregnancy planning and pregnancy care.

Prescription drug use pre-pregnancy and during pregnancy

This web-based page provides general educational information about risks of prescription medication and alcohol on birth outcomes. It also provides additional information on pregnancy planning for women already on medications, some symptoms associated with medication abuse and resources on the FDA classification of drugs that may be harmful to the baby.

QUICK REFERENCE: FACT SHEETS <http://www.marchofdimes.com/professionals/14332.asp>

March of Dimes Fact Sheets

March of Dimes fact sheets cover a wide range of preconception, perinatal and genetic topics for consumers. These are also excellent resources for health professionals working with women. Medical experts review each fact sheet before it is posted on the March of Dimes Web site.

Folic Acid http://www.marchofdimes.com/professionals/14332_1151.asp

This web based Fact Sheet, under Professionals and Researchers, provided valuable information for both health professionals and the general public about the importance of folic acid for women of child bearing age, the amount of folic acid in food, how it prevents birth defects, other benefits, and additional information and references.

Teenage Pregnancy http://www.marchofdimes.com/professionals/14332_1159.asp

The March of Dimes provides recommendations for teenage girls who are pregnant, thinking about a pregnancy, or are pregnant to improve the outcomes for their babies. References are also provided.

Most Important Health Messages for Patients

http://www.marchofdimes.com/professionals/684_1356.asp

This web page of Professionals and Researchers provides valuable general health information that health professionals and providers can use for all women in addition to those of childbearing age [about being healthy in general and during pregnancy](#). Various links are provided to additional information located on the March of Dimes website.

Birth Defects http://www.marchofdimes.com/professionals/14332_1206.asp

This March of Dimes Quick Reference web page for professionals and researchers provides information regarding the causes of birth defects, inheritance of genetic disorders, environmental factors affecting birth defects, metabolic disorders, and the common birth defects.

MARCH OF DIMES RESOURCES FOR PATIENTS HTTP://WWW.MARCHOFDIMES.COM/PROFESSIONALS/684_1361.ASP

These resources are produced by a professional team that includes doctors, nurses and health educators. March of Dimes physicians review all clinical information presented in our materials. The March of Dimes reviews all information regularly to ensure that it is accurate and appropriate. For information about print and audiovisual materials, see their [product catalog and shopping cart](#).

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CATALOG PRODUCTS

This is the primary website page for the March of Dimes preprinted pamphlets for consumers and educational resources for health care professionals. Their products reflect more than 70 years of experience in promoting healthy behaviors that lead to healthy pregnancies and healthy babies and providing support to parents when a baby is born too soon or when there's a loss. They seek to provide businesses and health care professionals with the consumer and continuing education products they need to improve the health of mothers and babies. <http://www.marchofdimes.com/catalog/>



Your Mommy Years: Living Healthy, Living Smart

This easy-to-read booklet features information for women who have recently had a baby. Topics include staying healthy after pregnancy, creating a safe and healthy home, going back to work and family planning.

English Product # 37-2210-07



Are You Ready for a Baby?

This easy-to-read, seven page booklet helps moms and dads-to-be answer the question, "Are you ready for a baby?" Includes advice on quitting bad habits, taking folic acid and visiting a health care provider.

English Booklet # 09-2385-08

[Also available in Spanish \(09-2115-06\)](#)



Drugs and Pregnancy Brochure

This brochure tells women about the harmful effects drugs can have on a baby during pregnancy. Identifies harmful illegal drugs and gives women tips and referrals to help them quit using. Also identifies harmful prescription drugs that women should discuss with their providers. Content is 8 pages in each language. (English and Spanish)

(Bilingual) Product # 09-2436-09

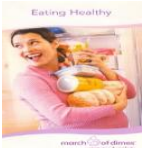


Drugs and Pregnancy Pamphlet

This pamphlet describes the possible effects of drugs- street drugs, over-the-counter and prescription drugs and herbal supplements - on an unborn baby. Gives tips and referrals to help pregnant women stop taking drugs that may be harmful to her baby. Available While Supplies Last.

(Spanish) Product #09-2147-06

(English) Product #09-2330-08



Eating Healthy Pamphlet

This pamphlet educates women that proper nutrition during pregnancy is vital. It includes tips for healthy eating and guidelines for weight gain and serving sizes.

(English) Product # 09-2304-08

(Spanish) Product # 09-2314-08

9 Things to Do Before Getting Pregnant

- 1 Plan when you want to have a baby.
- 2 Use a reliable form of birth control until you're ready to get pregnant.
- 3 Take a multivitamin pill that contains 400 micrograms of folic acid every day to help reduce the risk of neural tube birth defects.
- 4 Stop smoking, drinking alcohol and using illegal drugs.
- 5 Get a medical checkup.
- 6 Eat healthy and get to your optimal weight.
- 7 Do something active every day.
- 8 Avoid exposure to chemicals and other harmful substances at work and at home.
- 9 Learn to lower your stress.

9 consejos antes de quedar embarazada

- 1 Piense cuándo desea tener un bebé.
- 2 Use un anticonceptivo confiable hasta que esté lista para quedar embarazada.
- 3 Tome un día a día una píldora multivitáminica con 400 microgramos de ácido fólico para reducir el riesgo de defectos del tubo neural.
- 4 Deje de fumar, beber alcohol y consumir drogas ilegales.
- 5 Haga un chequeo médico.
- 6 Coma saludable y llegue a su peso ideal.
- 7 Haga ejercicio todos los días.
- 8 Evite la exposición química y otras sustancias peligrosas en el trabajo y hogar.
- 9 Aprenda a controlar el estrés.

9 Things to Do Before Getting Pregnant (Wallet Card)

This handy reminder features 9 things a woman can do before pregnancy to help her baby be born healthy. Also includes questions a woman should ask her provider at a preconception checkup.

(English) Product # 09-2207-07

(Spanish) Product # 09-2214-07

SPANISH LANGUAGE EDUCATIONAL RESOURCES (FOR WOMEN OF CHILDBEARING AGE)

<http://www.marchofdimes.com/catalog/category.aspx?categoryid=164&code=SPANISH+LANGUAGE>

These printed resources, in Spanish, include “9 Things to Do Before Getting Pregnant” (wallet card), “A Parent’s Guide to Newborn Screening” (DVD), “Alcohol and Pregnancy” and “Are You Ready for a Baby” (booklets), “Baby Basics: Your Month by Month Guide to a Healthy Pregnancy” (book), and other valuable resources for the Hispanic population.