



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 (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:

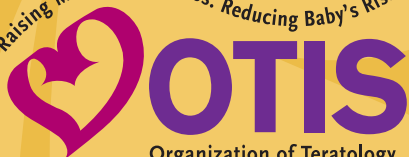
- Medications (including anxiety, asthma, and pain meds)
 - Infections and vaccines (such as chickenpox and the flu)
 - Maternal medical conditions (including depression, diabetes, and inflammatory bowel disease)
 - Illicit substances (such as marijuana and cocaine)
 - Herbal products (like echinacea 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



OTIS Pregnancy is also on Twitter, Facebook & Myspace!