



PREGNANCY EXPOSURE INFOLINE:

HELPFUL INFORMATION IS A PHONE CALL AWAY

THE PREGNANCY EXPOSURE INFOLINE IS A TELEPHONE INFORMATION SERVICE WHICH OFFERS PREGNANT WOMEN, THE GENERAL PUBLIC, AND HEALTH CARE PROVIDERS PRACTICAL INFORMATION ABOUT EXPOSURES TO MEDICATIONS AND DRUGS, CHEMICALS, AND OTHER EXPOSURES DURING PREGNANCY.

THE INFOLINE IS PART OF THE NATIONAL BIRTH DEFECTS CENTER AND IS STAFFED BY PHYSICIANS, GENETICISTS AND HEALTH EDUCATORS WHO HAVE SPECIAL TRAINING TO ADDRESS CONCERNS ABOUT EXPOSURES DURING PREGNANCY THAT COULD BE HARMFUL TO THE FETUS.

COMMON QUESTIONS ARE:

- **CAN THE ONE GLASS OF CHAMPAGNE I HAD ON NEW YEAR'S EVE AFFECT MY PREGNANCY?**
ALTHOUGH IT IS NOT RECOMMENDED THAT PREGNANT WOMEN DRINK ALCOHOLIC BEVERAGES, SMALL AMOUNTS OF ALCOHOL, SUCH AS A GLASS OF CHAMPAGNE, USUALLY ARE NOT HARMFUL.
- **CAN I HAVE MY HAIR DYED OR PERMED DURING PREGNANCY?**
MOST EXPERTS AGREE THAT HAIR TREATMENTS ARE UNLIKELY TO POSE AN INCREASED RISK TO THE FETUS AND THEREFORE THE DECISION OF WHETHER TO USE THEM CAN BE A PERSONAL ONE.
- **I TOOK A COLD MEDICATION WHEN I WAS TWO MONTHS ALONG. IS THAT HARMFUL?**
SOME OVER THE COUNTER COLD MEDICATIONS CAN BE TAKEN IF NECESSARY, BUT CHECK WITH YOUR HEALTH CARE PROVIDER ABOUT TAKING ANY COLD MEDICATION IN MODERATE AMOUNTS TO TREAT YOUR INDIVIDUAL SYMPTOMS.
- **IS IT SAFE TO PAINT THE BABY'S ROOM WHEN I AM EXPECTING?**
IT IS GENERALLY FELT THAT PREGNANT WOMEN SHOULD AVOID THIS TASK. SOME CHEMICALS IN PAINTS CAN BE HAZARDOUS AND ARE NOT VERY WELL STUDIED FOR USE IN PREGNANCY.
- **CHICKEN POX IS GOING AROUND AT THE SCHOOL WHERE I WORK. WHAT SHOULD I DO?**
IF YOU HAVE ALREADY HAD THE CHICKEN POX, YOU CANNOT GET IT AGAIN. IF YOU HAVE NEVER HAD CHICKEN POX, CONTACT THE HOTLINE OR YOUR HEALTH CARE PROVIDER FOR MORE INFORMATION.

EXAMPLE OF QUESTIONS WE DO NOT ANSWER ARE:

- **WHICH MEDICATION(S) CAN I TAKE DURING PREGNANCY FOR A COLD?**
WE DO NOT MAKE RECOMMENDATIONS ABOUT WHICH MEDICATIONS TO TAKE DURING PREGNANCY. WE CAN ONLY INFORM YOU OF THE POTENTIAL RISKS MEDICATIONS MAY POSE. THE FINAL DECISION SHOULD BE MADE BETWEEN YOU AND YOUR HEALTH CARE PROVIDER.
- **CAN YOU PROVIDE ME WITH A LIST OF ALL THE THINGS I SHOULD AVOID AS WELL AS WHAT I SHOULD TAKE DURING MY PREGNANCY?**
QUESTIONS THAT DEAL WITH HOW BEST TO CARE FOR YOURSELF DURING PREGNANCY SHOULD BE ANSWERED BY YOUR HEALTH CARE PROVIDER. WE ARE ABLE TO ADDRESS SPECIFIC CONCERN(S) REGARDING PARTICULAR EXPOSURES DURING PREGNANCY (ex. What fish can I eat? OR How much Vitamin A can I consume?)

THE INFOLINE STAFF ARE GENERALLY ABLE TO REASSURE CALLERS ABOUT THESE KINDS OF QUESTIONS DURING PREGNANCY. THE INFOLINE IS OPEN MONDAY THROUGH FRIDAY, FROM 9:00 TO 4:00 PM. ALL INFORMATION WILL BE KEPT STRICTLY CONFIDENTIAL AND THE SERVICE IS FREE OF CHARGE. INFORMATION IS JUST A PHONE CALL AWAY.

The PREGNANCY EXPOSURE INFOLINE is Sponsored by



The Genesis Fund

Affiliated with the National Birth Defects Center, Waltham, MA
Toll-Free in Massachusetts 1-800-322-5014 or (781) 466-8474