



Christina Chambers, March 22, 2024

MotherToBaby

PRGLAC Implementation Meeting

MotherToBaby Information Service

- Provides evidence-based information on current data regarding benefit or risk of medications and other exposures during pregnancy and while breastfeeding
- Information on vaccines, chemicals, herbal products, supplements, substances, maternal health conditions
- Service provided at no-cost to recipient
- In English and Spanish



[MotherToBaby.org/contactus](https://www.MotherToBaby.org/contactus)



MotherToBaby Information Service

continued

- First established in 1980's
- 14 services in the U.S. that serve residents of all 50 states and territories through a routing system
- Staffed by genetic counselors, pharmacists, nurses, health educators, each with a medical director
- Funding provided by
 - HRSA-MCH
 - CDC
 - State and local resources



MotherToBaby Information Service

continued

- **35-40,000 queries annually come from:**

- Pregnant and lactating persons 80%
- Health care providers 20%
- Exposures in lactation 30%

- **Information provided by:**

- Email 27%
- Live chat 43%
- Text 7%
- Telephone 23%



Call
866.626.6847



Text
855.999.3525



Email or Live-chat
[MotherToBaby.org/contactus](https://www.MotherToBaby.org/contactus)

MotherToBaby Information Service

continued



Search COVID-19



COVID-19

🏠 COVID-19

About COVID-19



Updated Mar. 8, 2024

[Español](#)

[Print](#)

COVID-19 Vaccines While Pregnant or Breastfeeding

Symptoms

IF YOU ARE PREGNANT AND HAVE QUESTIONS ABOUT COVID-19 VACCINE

If you would like to speak to someone about the COVID-19 vaccination during pregnancy, you can talk to your healthcare provider. You can also contact MotherToBaby, whose experts are available to answer questions in English or Spanish by phone or chat. This service is free and confidential. To reach MotherToBaby:

- **Call** 1-866-626-6847
- **Text** 855-999-3525
- **Chat** Click the [MotherToBaby](#)  Live Chat window

>16,000 sessions on COVID vaccines and infections

MotherToBaby Fact Sheets



- Answer frequently asked questions about many common exposures during pregnancy and breastfeeding
- Free to view, download, print from website
- Reviewed/updated annually
- Also hosted on the National Library of Medicine website

[MotherToBaby.org/Fact-Sheets](https://www.mothertobaby.org/fact-sheets)

MotherToBaby | FACT SHEET

Marijuana (Cannabis)

This sheet is about exposure to marijuana in pregnancy and while breastfeeding. This information should not take the place of medical care and advice from your healthcare provider.

What is marijuana?
Marijuana is made from a mix of dried flowers from the *Cannabis sativa* plant. Some other names for marijuana are pot, weed, or cannabis. There are several ways to use marijuana, including smoking or vaping (inhaling), eating or drinking products infused with marijuana (edibles), or as a preparation applied to the skin (topical). The main active chemical in marijuana is delta-9-tetrahydrocannabinol (THC), which is what gives people that "high" feeling. Another major component of marijuana is cannabidiol (CBD). CBD can be found in many products such as coffee, chocolate, supplements, tinctures, cosmetics, lotions, suppositories, and bath salts. CBD products labeled as "THC free" might still contain a measurable amount of THC.

Professional organizations such as the American Academy of Pediatrics (AAP) and the American College of Obstetricians and Gynecologists (ACOG) advise that people who are pregnant avoid using marijuana. The U.S. Food and Drug Administration (FDA) advises against the use of CBD, THC, and marijuana in any form during pregnancy or while breastfeeding.

How much is known about the effects of marijuana on a pregnancy?
It is hard to study marijuana use during pregnancy. Marijuana contains about 400 different chemicals. Some marijuana preparations can be contaminated with other drugs, pesticides, and/or fungi.

Most of the older studies focus on people who inhale marijuana, not ingest it or use it topically. Eating or drinking products with marijuana in them might lead to higher levels of marijuana in the body.

The THC in marijuana has become more potent (stronger) over the years. Results from studies done years ago on marijuana with lower THC levels may report different risks than the risks from stronger THC.

It can be hard to collect correct information on how much and how often marijuana is used. As with any exposure, some people who use marijuana during pregnancy may also use other substances such as alcohol, tobacco, or other drugs, which may have medical conditions, and/or have a lack of prenatal care which could increase the chance of pregnancy-related problems.

I use marijuana. Can it make it harder for me to get pregnant?
It is not known if marijuana can make it harder to get pregnant. Some studies suggest that long-term use of marijuana might affect the menstrual cycle, which could make it harder to get pregnant.

I am using marijuana, but I would like to stop before getting pregnant. How long could it stay in my body?
People eliminate drugs at different rates. The way marijuana is used (inhalation, ingesting, topically), how often it is used, and how much is used can affect how long its metabolites can stay in the body. For some people, it might take up to 30 days for the THC metabolite to be gone from the body.

Does using marijuana increase the chance for miscarriage?
Miscarriage is common and can occur in any pregnancy for many different reasons. Based on the studies reviewed, it is not known if using marijuana increases the chance for miscarriage. One study found that people who used marijuana were at an increased risk of having a miscarriage. Other studies have not confirmed this finding.

Does using marijuana increase the chance of birth defects?
Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Most studies have not found an increase in the chance for birth defects in pregnancies exposed to "occasional" marijuana use. Some studies have suggested an increase in the chance for some birth defects, including gastroschisis (a rare birth defect).

Marijuana (Cannabis)
October 1, 2022

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MotherToBaby | FACT SHEET

Dextroamphetamine-Amphetamine (Adderall®)

This sheet is about exposure to dextroamphetamine-amphetamine in pregnancy and while breastfeeding. This information is based on available published literature. It should not take the place of medical care and advice from your healthcare provider.

What is dextroamphetamine-amphetamine?
Dextroamphetamine-amphetamine (Adderall®) is a combination prescription medication that has been used to treat attention deficit hyperactive disorder (ADHD) and narcolepsy (a condition that affects the brain's ability to control sleeping and waking up).

Sometimes when people find out they are pregnant, they think about changing how they take their medication, or stopping their medication altogether. However, it is important to talk with your healthcare providers before making any changes to how you take your medication. Stopping this medication suddenly can cause withdrawal in some people. It is not known if or how withdrawal may affect a pregnancy. If you are going to stop using this medication, your healthcare providers may talk with you about slowly reducing your dose over time. Your healthcare providers can also talk with you about the benefits of treating your condition and the risks of untreated illness during pregnancy.

Dextroamphetamine-amphetamine is different from methamphetamine. MotherToBaby has a fact sheet on methamphetamine here: <https://mothertobaby.org/fact-sheets/methamphetamine/>. This sheet will focus on the use of dextroamphetamine-amphetamine under medical supervision. MotherToBaby has a fact sheet on dextroamphetamine here: <https://mothertobaby.org/fact-sheets/dextroamphetamine-pregnancy/>.

I take dextroamphetamine-amphetamine. Can it make it harder for me to get pregnant?
Taking prescribed dextroamphetamine-amphetamine as directed by your healthcare provider is not expected to make it harder to get pregnant.

Does taking dextroamphetamine-amphetamine increase the chance of miscarriage?
Miscarriage is common and can occur in any pregnancy for many different reasons. Taking prescribed dextroamphetamine-amphetamine as directed by your healthcare provider is not expected to make it harder to get pregnant.

Does taking dextroamphetamine-amphetamine increase the chance of birth defects?
Every pregnancy starts out with a 3-5% chance of having a birth defect. This is called the background risk. Most studies suggest that taking dextroamphetamine or amphetamine during the first trimester does not increase the chance of birth defects. In a large study of people taking stimulants for ADHD during pregnancy, there was no increased risk for birth defects reported when taking amphetamines, such as dextroamphetamine-amphetamine, for treatment.

Does taking dextroamphetamine-amphetamine in pregnancy increase the chance of other pregnancy problems?
Data is limited, when used as directed by a healthcare provider, taking dextroamphetamine-amphetamine during pregnancy has sometimes been associated with a higher chance of pregnancy-related problems, such as poor fetal growth (small and/or with a small head size), low birth weight (weighing less than 5 pounds, 8 ounces [lb] at birth), or preterm delivery (born before week 37). People taking dextroamphetamine-amphetamine may experience side effects from their medication, such as weight loss due to decreased appetite, changes in heart rate, changes in blood pressure. Talk with your healthcare provider about monitoring these side effects to help protect you and your baby.

Does dextroamphetamine-amphetamine throughout my entire pregnancy will it cause symptoms in my baby after birth?
Dextroamphetamine (Adderall®)

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MotherToBaby Fact Sheets

continued

- >300 Fact Sheets on a variety of exposures from vaccines and medications, to occupational hazards, infections and herbal supplements
- Available in English and Spanish
- Since August 2022, viewed 4.5 million times



MotherToBaby Podcasts

- Gives listeners insight into the safety and risk of many different types of exposures that a pregnant or breastfeeding person may experience
- Hosted by Chris Stallman, genetic counselor, and MotherToBaby information specialist
- Includes interviews with key opinion leaders and topic area specialists

[MotherToBaby/podcast](https://www.mothertobaby.org/podcast)



MotherToBaby Podcasts

continued

- Launched in 2017, podcasts are now in their 5th season
- As of March 2024, there are 67 published episodes and ~35,000 unique downloads
- Recent podcast topics include: RSV vaccine, new weight loss medications, marijuana, maternal mental health, COVID-19 in pregnancy and HIV in breastfeeding



MotherToBaby Blogs

- Practical information
- Target audience is the general public
- Written by rotating staff of MotherToBaby experts
- Published monthly to the website in English and Spanish

[MotherToBaby/baby-blog](https://www.mothertobaby.org/baby-blog)



Getting to the Heart of the Matter: Hypertension and Pregnancy among the Black Community

February 29, 2024

My baby sister was 35 years old and pregnant with her first child. As a family, we were ecstatic. The family was expanding, and I was about to be an aunt for the third time. She was in her 3rd trimester and very pregnant, but she was up there in the choir singing and dancing her heart out at a memorial concert. I, along with many others, was shocked at how energetic and agile she was that far into pregnancy. However, when the concert was over, I



looked at her feet and they were very, very swollen. I was concerned and told her to speak with her doctor.

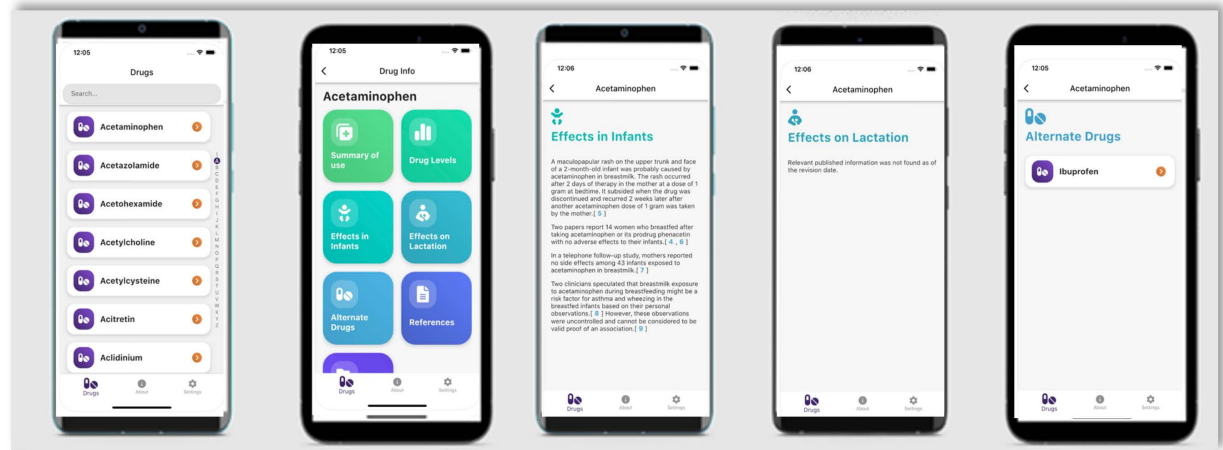
LactRx by MotherToBaby



- Launched one year ago
- Provides free app-based access to the National Library of Medicine's LactMed database for current information on medications, substances, and more in lactation

Download Our App

We're very excited to announce a convenient breastfeeding resource for healthcare professionals!



[MotherToBaby/lactrx](#)

LactRx by MotherToBaby

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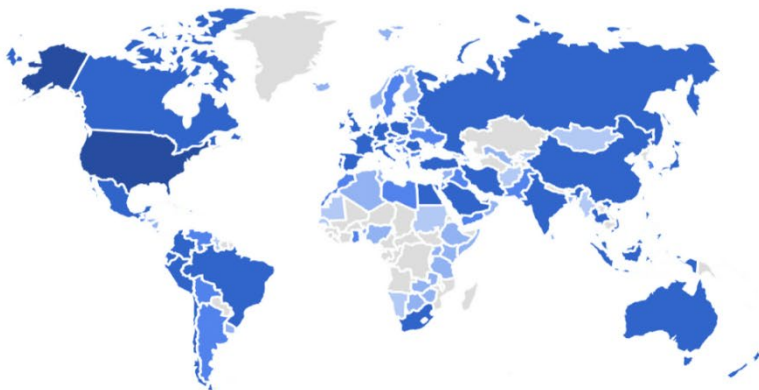
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<u>↓ Users</u>	<u>New users</u>	<u>Engaged sessions</u>	<u>Engagement rate</u>	<u>Engaged sessions per user</u>	<u>Average engagement time</u>
16,650 100% of total	16,835 100% of total	42,193 100% of total	80.27% Avg 0%	2.53 Avg 0%	6m 30s Avg 0%

LactRx by MotherToBaby

continued

Users ▾ by Country



<u>COUNTRY</u>	<u>USERS</u>
United States	9K
Israel	1.5K
Canada	853
United Kingdom	700
Chile	532
Brazil	455
Australia	430

MotherToBaby Partnership with Clinicians



24/7, free, confidential hotline for pregnant and new moms in English and Spanish

The National Maternal Mental Health Hotline can help. Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262.

MotherToBaby Partnership with Clinicians

continued



Established a process whereby NMMH providers can warm transfer clients to MotherToBaby for information on medications



 MotherToBaby®
Warm Handoff Toolkit

MotherToBaby Partnership with Clinicians

continued



- SMFM – new and updated MotherToBaby Fact Sheets are distributed to SMFM clinicians via the organization’s newsletter
- ACOG, CDC, SMFM – co-sponsor quarterly educational webinars for clinicians

MotherToBaby Partnership with Clinicians continued



Human Teratogens

A Live Virtual Course

November 13–15, 2023
10:00 AM–4:00 PM ET (US)

This activity is approved
for *AMA PRA Category 1 Credit™*

This activity is eligible for ACPE credit.

MotherToBaby Partnership with Clinicians

continued

- Designed and hosted by the MotherToBaby South Florida service
- Offered every other year
- CE credits available
- Attendees from 22 countries



MotherToBaby Pregnancy Studies

- A research program seeking to understand how certain medications, vaccines, or health conditions may affect pregnancy and infant outcomes
- US and Canada-wide
 - Telephone interviews
 - Medical records
 - Specialized dysmorphological examination
- ~50% of referrals come from clinicians
- Data generated intended to inform the information service



[MotherToBaby.org/pregnancy-studies](https://www.MotherToBaby.org/pregnancy-studies)

