



COLLEGE OF
PHARMACY
NEW MEXICO POISON &
DRUG INFORMATION CENTER

NMPPM WEEKLY NEWSLETTER

Date: March 7, 2022

NURSING AND EXPECTING MOTHERS



Are you pregnant and wondering if it is okay to take a medicine for morning sickness or take a remedy for a cold? Maybe you're nursing and need to know if it is safe to take a remedy. These are perfect opportunities to take advantage of the drug information service offered by the New Mexico Poison and Drug Information Center. Call **1.800.222.1222** for fast, free, expert advice!

It is never safe to assume that herbal or natural remedies are safe for you or the baby, especially if the products are coming from foreign countries. For example, our Poison Center was receiving poisoning calls about a natural product coming in from Mexico that was being used to treat colicky babies. It was soon discovered that this product was contaminated with lead. Again, if you are unsure of a product's safety, please call us, and avoid using foreign-made products as the ingredients are likely unknown.

As babies become mobile, there are many poison hazards to look out for. If you're a parent, you know very well that everything goes in their mouths! Some of the more dangerous poisons include batteries-especially button batteries-, detergent packets, all nicotine products including patches and e-cigarette juice and equipment, medications and vitamins, painkillers and buprenorphine patches, marijuana including edible products, and alcohol. For additional information of what should be kept out of sight and reach of children, visit our [poison prevention tip page](#).

Contact: Jacq Kakos 505.272.1364

TOX WORD JUMBLE



Unscramble the jumbled words below. Use the red letters to solve the riddle. When you solve the word jumble and the riddle, email jkakos@salud.unm.edu and win a prize!

gretdtene sdpo

noispo

yceurrm

aajmaniur

Which biology topic does a pregnant woman fear the worst?



ANNOUNCEMENTS

New Website!

Our new website is set to launch soon at <https://hsc.unm.edu/poison>. Our old website will click through for a year.

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