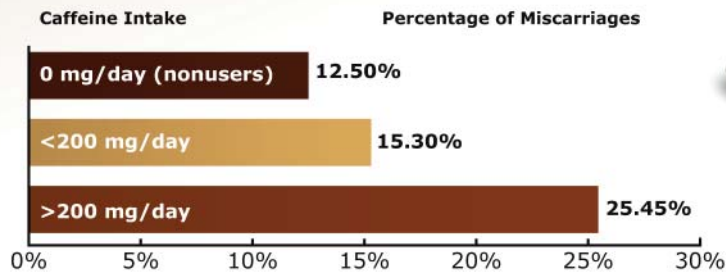


## Tell Your Patients: Avoid Caffeine During Pregnancy

A recent study found an increased risk of miscarriage associated with relatively small amounts of daily caffeine intake:\*



\*A single 8 oz. cup of instant coffee contains approximately 85-120 mg of caffeine.

SOURCE: Weng X, Odouli R, Li D-K. Maternal caffeine consumption during pregnancy and the risk of miscarriage: a prospective cohort study. *American Journal of Obstetrics & Gynecology*, March 2008.