



UNIVERSITY OF MINNESOTA

DECLARATION OF PREGNANCY

The U.S. Nuclear Regulatory Commission (NRC) and the Minnesota Department of Health (MDH) have established a category of occupationally exposed individuals, the "declared pregnant woman". The radiation dose limit for the declared pregnant woman is 500 mrem for the entire gestation period. Also, State of Minnesota rules require that following declaration of pregnancy the dose in any one month not exceed 50 mrem. This form applies to the University of Minnesota and affiliate entities M Health and UMP.

Neither the NRC, the MDH, nor the University of Minnesota require the occupationally exposed pregnant woman to declare pregnancy - under federal and state law a pregnant woman can choose to continue to receive occupational radiation exposure at the level allowed for adult workers. However, the NRC and State regulatory agencies recommend that the occupationally exposed pregnant woman "declare" pregnancy for the purposes of reducing the risk to the unborn child.

Once pregnancy has been declared in writing by the pregnant woman to her supervisor, the supervisor is required to contact the Dept. of Radiation Safety (DRS) to schedule a training session. Both the declared pregnant worker and the supervisor must read the MDH Regulatory Guide, "Instructions Concerning Prenatal Radiation Exposure" in preparation for this training session. The training will include a review of this guide and the DRS will provide training in precautions and procedures to follow to assure that the declared pregnant woman's radiation dose is maintained within the limits stated above. A record of this training signed by the supervisor or designate and the declared pregnant woman shall be kept on file by the supervisor and a copy retained by the DRS. If the pregnant worker's assignments involve the use of potentially volatile radioactive materials, it is recommended that the work assignments be changed to avoid this potential exposure. If the pregnant woman chooses to continue in a work assignment that involves a potentially volatile radionuclide and the potential for internal uptake exceeds 1% of the annual limit of intake for that radionuclide, monthly bioassay monitoring will be required for the pregnant worker. The DRS staff can assist in determining the need for bioassay monitoring. A badge will be assigned to the declared pregnant worker.

Declaration of Pregnancy (to be completed by radiation worker)

I, \_\_\_\_\_, on this date, \_\_\_\_\_, declare that I am pregnant. This declaration is made in accordance with U.S. NRC and State of Minnesota radiation protection regulations.

The estimated date of conception is \_\_\_\_\_. This declaration is submitted to my supervisor in accordance with the policy stated above.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Training Documentation (to be completed by supervisor)

Supervisor: \_\_\_\_\_ Telephone number: \_\_\_\_\_

Department/Division: \_\_\_\_\_ MDH Guide (date read - sprvsnr): \_\_\_\_\_

Pregnancy Declaration Received (date): \_\_\_\_\_ MDH Guide (date read - worker): \_\_\_\_\_

Contact the DRS at 626-6002 to arrange for a training session to be attended by both the pregnant worker and the supervisor. Please bring this completed form to the training session.

Table with 4 columns: DRS Training Session, Date, Time, Place