



TERATOGEN RESOURCE SERIES

TER-06

Illnesses During Pregnancy Record

A personal record to help you document illnesses, infections and significant changes in health before or during pregnancy.

darksideofmedicine.org

Version 1.2



Illnesses During Pregnancy Record

Purpose: A factual record to help you document illnesses, infections and significant changes in health around conception and during pregnancy, including when they occurred, symptoms, treatment and any professional information you received.

IMPORTANT

Becoming unwell during pregnancy does **not** mean that a baby will be harmed. The possible significance of an illness depends on many factors, including the illness itself, timing, severity, treatment and individual circumstances.

This resource is for recording and organising information. It is not a diagnostic tool or risk assessment. Seek appropriate medical advice if you are unwell or concerned during pregnancy.

About Me

Name: _____

Expected due date: _____

Date record started: _____

Things I May Wish to Record

These are **prompts only**. Record what is relevant to you.

Illness or infection	for example a respiratory, stomach, urinary or other infection; a diagnosed infectious illness; or an illness where the exact cause was not known
Fever or high temperature	when it occurred, how long it lasted and the temperature if known
Existing health condition	a flare-up, worsening or significant change in a condition you already had
New health problem	a new symptom, diagnosis or health concern that developed during pregnancy
Hospital or urgent care	attendance at A&E, maternity assessment, urgent care, hospital admission or other significant medical event
Tests or investigations	blood tests, swabs, scans or other investigations connected with the illness or health concern



My Illness & Health Record

Record what you know. Dates or gestational weeks can be particularly useful when looking back at a pregnancy record.

Date / gestational week	Illness / health problem	Symptoms / temperature	How long it lasted	Treatment / medicine	Healthcare contact	Notes / outcome



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Supporting Information

You may wish to keep relevant GP or hospital letters, discharge information, test results, maternity records or other clinical documents with your TER record. You do not need to copy these out if the original document is available.



Healthcare Information & Follow-up

Use this section to record professional information, investigations, referrals or follow-up connected with an illness or change in health.

Date	Professional / service	Information / investigation	Outcome / follow-up	Document / where kept

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Anything Else I Want to Record

Questions I May Wish to Discuss
