



TERATOGEN RESOURCE SERIES

TER-04

MyBump Portal

A short guide to the BUMPS MyBump Portal and how it can complement your personal TER record.

darksideofmedicine.org

Version 1.1



MyBump Portal

BUMPS - Best Use of Medicines in Pregnancy - provides freely available, evidence-based information about medicines in pregnancy. Its **MyBump Portal** also gives pregnant women the opportunity to contribute information to research.

Why you may wish to use MyBump

The MyBump Portal is open to **all pregnant women**, including women who take medicines and women who do not. It allows you to create a password-protected pregnancy record and add or update information during pregnancy.

Information contributed through the portal is used by UKTIS to improve understanding of how medicines, health and lifestyle may affect a baby's development.

What MyBump Records

The portal asks for information about your health, whether or not you take medicines, your pregnancy outcome and your child's development. Details can be updated during pregnancy and afterwards.

Why Record Information as You Go?

BUMPS encourages women to start early where possible because recording information as events happen can be more accurate than relying on memory later.

Using MyBump Alongside TER

MyBump and the TER series have different purposes and can be used alongside one another. MyBump contributes structured pregnancy information to UKTIS research. Your TER record is your own broader personal record, which can also include environmental exposures, illness, birth information, development and supporting professional records.

Visit the official MyBump Portal

www.medicinesinpregnancy.org/mybump-portal/

Before registering, read the information provided by BUMPS about how the portal works and how information you provide will be used.

Note: MyBump is an external UKTIS/BUMPS service and is not operated by Dark Side of Medicine.