



TERATOGEN RESOURCE SERIES

TER-07

Other Pregnancy Exposures Record

An optional personal record for pregnancy exposures or circumstances that do not fit naturally within the medicines, environmental or illness records.

darksideofmedicine.org

Version 1.1



Other Pregnancy Exposures Record

Purpose: An optional space to record an exposure, event or circumstance during pregnancy that you feel may be useful to preserve but which does not fit elsewhere in your TER record.

IMPORTANT

This page is deliberately open and optional. You decide what, if anything, you wish to record. You do not need to provide personal information that you would rather keep private.

Recording something here does not mean that it affected the pregnancy or caused harm. This resource supports factual record-keeping and discussion; it is not a diagnostic tool or risk assessment.

About Me

Name: _____

Expected due date: _____

Date record started: _____

What Might I Record Here?

There is no checklist to complete. This section is simply for anything you consider relevant that has not already been captured elsewhere.

An event or circumstance	something that happened during pregnancy that you want to preserve in the record
A physical exposure	for example unusual heat, pressure, vibration or another physical circumstance not already recorded
A procedure or investigation	a procedure, scan, treatment or investigation that you want to note
Something not yet identified	an exposure or circumstance where you do not know the exact name or details but want to record what you remember
Anything else important to you	information that does not fit the other TER pregnancy records

You can describe the event in your own words. Exact names, dates or amounts are helpful when known, but they are not required.



My Record

Date / gestational week	Exposure / event / circumstance	Where / context	What I remember	Duration / frequency, if relevant	Notes

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Information or Supporting Records

If useful, you can keep a relevant letter, report, photograph, product information or other document with your TER record rather than copying it out.

Date	Document / information	Source	Where kept / notes

Information or Advice I Received

Date	Who / source	What was discussed	Information / advice	Follow-up



Anything Else I Want to Remember