



TERATOGEN RESOURCE SERIES

TER-05

Environmental & Chemical Exposure Record

A personal record to help you document environmental, household, workplace and other chemical exposures before or during pregnancy.

darksideofmedicine.org

Version 1.2



Environmental & Chemical Exposure Record

Purpose: A factual record to help you note environmental or chemical exposures that may be relevant to a pregnancy, including what the substance or exposure was, where it occurred, when it happened and anything else you know about the circumstances.

IMPORTANT

Recording an exposure does **not** mean that it caused harm. This resource is for information gathering and discussion. It is not a diagnostic tool or risk assessment. If you are concerned about a particular exposure, discuss it with an appropriate healthcare or occupational-health professional.

About Me

Name: _____

Expected due date: _____

Date record started: _____

Things I May Wish to Think About

These are **prompts only**. Most people will not have experienced all of these, and ordinary use of a product does not automatically mean that an exposure was harmful.

At home	cleaning products; decorating or DIY; paint, varnish or adhesives; pest-control products; fuels, smoke or fumes; gardening products
At work	chemicals or laboratory products; cleaning agents; dusts or fumes; solvents; pesticides or biocides; metals; healthcare substances; radiation or other workplace hazards
Hobbies & activities	arts and crafts; resin or glue; pottery or ceramics; model-making; painting; photography or printing chemicals; gardening; restoration or other activities involving products or fumes
Environment	nearby industry or construction; heavy traffic or air pollution; contaminated soil or water concerns; agricultural spraying; smoke or other unusual environmental events
Other possible exposures	lead, mercury or other metals; solvents; pesticides; formaldehyde; corrosive products; essential oils or concentrated products; radioactive materials where relevant



My Exposure Record

Record only what you know. If you do not know the exact product or amount, a description of where you were, what you were doing and what you remember can still be useful.

Date / gestational week	Substance / product / exposure	Where / activity	How exposed	How long / how often	Protection / ventilation	Notes



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Useful Details If Known

You may wish to keep a product label, photograph, product name, Safety Data Sheet (SDS), workplace COSHH information or other relevant document with your TER record.



Workplace or Occupational Exposures

If an exposure occurred at work, you may wish to record any occupational-health assessment, workplace risk assessment, COSHH information, protective equipment used, changes to duties or other relevant information.

Date	Workplace / role	Exposure or concern	Information / action taken	Document / where kept



Information or Advice I Received

Date	Who / source	Exposure discussed	Information / advice	Follow-up