

# XXXX Nuclear Laboratory

## Pregnant Employee Policy

1. The XXXXXX Nuclear Laboratory will instruct any/all female employees involved with the provision of nuclear medicine imaging to inform the medical director and the radiation safety officer immediately upon confirmed pregnancy and the estimated date of conception.
2. For declared pregnant females, the NRC limits the dose to the embryo/fetus to 0.5 rem over the entire pregnancy. The dose to an embryo/fetus shall be taken as the sum of: (1) The deep-dose equivalent to the declared pregnant woman; and (2) the dose to the embryo/fetus from radionuclides in the embryo/fetus and radionuclides in the declared pregnant female.
3. If by the time of the declaration of pregnancy, the dose to the embryo/fetus has exceeded 0.45 rem (450 mrem), additional dose to the embryo/fetus shall not exceed 0.05 rem (50 mrem) during the remainder of the pregnancy.
4. All pregnant females, upon the declared pregnant status in writing will meet with the RSO and the Medical Director to discuss and review ALARA principles, work reassignment if necessary and other radiation safety issues.
5. The declared pregnant female will also be badged with a 2<sup>nd</sup> whole body badge and a microwave oven to be worn below chest level, on or about the waist to monitor embryo/fetus exposure. This badge will be read monthly along with the employees regular whole body badge.
6. XXX will make available to declared pregnant females a lead lined apron to be worn as protection. If the apron is used, the employee's whole body badge should be worn under the apron.
7. In the event of a radioactive spill, the declared pregnant female will immediately notify the medical director and the RSO. The employee will contain the spill and vacate the area until assistance arrives in the form of the medical director and/or the RSO.
8. The medical director and/or RSO will promptly respond to any spill for decontamination of the site. Declared pregnant females are asked not to expose themselves to a spill site except to contain the radioactive material.
9. A declared pregnant woman also has the right to "undeclare" her pregnancy. In such an event, XXXX will withdraw any restrictive measures or enhanced monitoring established to comply with the embryo/fetus dose limits.
10. Any information about a worker's pregnancy is confidential.
11. XXXXX will make amendments to this policy to protect both the embryo/fetus and mother as issues warrant.

Written: _____	Date: _____
Revised: _____	Date: _____
Reviewed: _____	Date: _____
_____	Date: _____

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## DECLARATION OF PREGNANCY

I, \_\_\_\_\_, wish to declare that I am pregnant. The estimated date of conception is \_\_\_\_\_. I understand that I will be provided an additional monitoring device, to be worn at the waist and under any protective devices while working with radiation producing equipment and/or radioactive material.

The dose to the embryo/fetus shall not exceed 0.5 rem (500 mrem) during the entire gestational period. Efforts will be made to avoid substantial variation above a uniform monthly exposure rate (50 mrem/month).

The dose to the embryo/fetus shall be taken as the sum of:

1. The deep dose equivalent to the declared pregnant woman;
2. The dose to the embryo/fetus from radionuclides in the embryo/fetus and radionuclides in the declared pregnant woman.

If by the time of this declaration, the dose to the embryo/fetus has exceeded 0.45 rem (450 mrem), additional dose to the embryo/fetus shall not exceed 0.05 rem (50 mrem) during the remainder of the pregnancy.

It is my understanding that I may un-declare my pregnancy to my employer at any time.

The total gestational exposure to the embryo/fetus shall be provided to me at the end of the term.

I also understand that I will continue to wear a monitor at the collar, and outside of any protective devices, to monitor my individual effective dose equivalent, which is limited to 5 rem (5000 mrem) annually.

Declared Pregnant Worker: \_\_\_\_\_

Supervisor: \_\_\_\_\_

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