

**University of Pennsylvania
Pregnant Radiation Workers**

EHRIS Contact:

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1. The dose limit to the embryo/fetus of a declared pregnant woman due to occupational exposure is 500 mrem during the entire gestation period (Title 25 of the Pennsylvania Code). In addition, efforts will be made to avoid substantial variation above a uniform monthly exposure rate.

A declared pregnant worker is a woman who has voluntarily informed her employer, in writing of her pregnancy and the estimated date of conception.

It is entirely your choice whether or not to declare your pregnancy. You may also choose to rescind her written pregnancy declaration at any time.

If you choose to not declare your pregnancy, the lower dose limit does not apply.

2. If you are pregnant or believe you may be pregnant, contact EHRS either directly or through your supervisor. All inquiries will be kept in confidence if requested.
3. A counseling session will be held, with a follow-up visit to the work area if the hazard is unusual or needs further investigation. A Health Physicist will:
 - Provide information concerning regulatory dose limits.
 - Provide instruction and opportunity to declare your pregnancy in writing.
 - Evaluate your dose history and exposure potential based on your job, type of radiation exposure, recent inspections of the area or equipment, and previous exposures.
 - Provide you with information concerning risk associated with exposure to the fetus.
 - Recommend ways to reduce exposure.
4. You will be provided a copy of U.S. NRC Regulatory Guide 8.13, Instructions Concerning Prenatal Radiation Exposure.
5. You may be issued a dosimeter (badge) that will monitor radiation exposure. Monitoring results will be maintained by EHRS and are available for review.

6. The activation of the rights afforded under the declared pregnant radiation worker policy will remain in effect until withdrawn in writing or you are no longer pregnant. If the declaration is not withdrawn in writing, it will expire one month after the due date specified on the declaration form. If the pregnancy does not go to term, you should promptly inform EHRS in writing that you are no longer pregnant.

Declared pregnant workers may elect to continue working as prior to pregnancy. Job functions will be restricted if those functions would result in exposure to the embryo/fetus in excess of 0.5 rem.

The following precautions may be recommended for declared pregnant radiation workers when applicable:

1. Minimize participation in procedures involving therapeutic amounts of radioisotopes such as Iodine 131, Lutetium 177, Cesium 137 or Iridium 192, and brachytherapy procedures.
2. Minimize participation in therapeutic radiopharmaceutical dose preparation, particularly ones involving Iodine 131 and handling of therapeutic sealed sources.
3. Minimize participation in procedures requiring presence in the examination room during procedures involving fluoroscopy and mobile radiography. If work requires that you are present in the room, use appropriate shielding such as lead aprons or standing shields.
4. Maintain as large a distance as possible from sources of radiation, patients containing radioactive sources, radiopharmaceuticals, or being x-rayed while still being able to monitor the patient.
5. Declared pregnant staff may be restricted from caring for patients who have received therapeutic doses of radiopharmaceuticals.
6. Use of volatile radioactive material may be restricted.