

**THE UNIVERSITY OF MISSISSIPPI
LABORATORY SERVICES**

Phone (662) 915-5433 FAX (662) 915-5480

VOLUNTARY DECLARATION OF PREGNANCY

A pregnant woman who wishes to limit radiation dose exposure to the fetus/embryo resulting from her occupational exposure, must voluntarily, and in writing, declare her pregnancy to her employer, so that the employer may apply the required fetal dose limits for the duration of the pregnancy.

This form letter is provided for your convenience. To make your declaration of pregnancy, you may fill in the blanks in this form letter, or you may write your own letter.

To: _____
(Name of your supervisor)

In accordance with the Nuclear Regulatory Commission 10 CFR 20.1208, "Dose to an Embryo\Fetus," and State regulations, I am declaring that I am pregnant. I believe I became pregnant in _____ (only month and year need to be provided).

I understand that my occupational radiation dose during my entire pregnancy will not be allowed to exceed 0.5 rem (5 millisieverts) (unless that dose has already been exceeded between the time of conception and submitting this letter). I am also aware of that the radiation exposure to the embryo/fetus of a declared pregnant woman should not exceed an ALARA action level of 50 millirem (mrem) per month. I also understand that meeting the lower dose limit may require a change in job or job responsibilities during my pregnancy.

If I find out that I am not pregnant, or if my pregnancy is terminated, I will promptly inform you in writing that my pregnancy has ended. (This promise to inform your employer in writing when your pregnancy has ended is optional. The sentence may be crossed out if you wish.)

(Your name printed)

(Department, phone #, e-mail)

(Signature and Date)

Complete form and submit to Laboratory Services