

## CEASE Checklist

### **1.1.1 Before pregnancy father and mother**

Important aspects about health and medication:

- Tropical vaccinations: DTP, typhoid, yellow fever, hepatitis A, hepatitis B, cholera, rabies
- Malaria prevention (Malarone, Lariam)
- Illnesses that have left a permanent disturbance: Mononucleosis (Epstein-Barr), Lyme, colitis, asthma, epilepsy, depression, migraine, etc. and their treatment:
  - o Medication
  - o Anaesthesia
  - o Surgery
- Dental fillings with amalgam
- Tetanus toxoid injection in case of wounds
- Hepatitis B vaccine and the like or for travelling to tropical countries
- IVF, IUI, etc.: Clomid (Clomifene), Pregnil (Choriongonadotrofin)
- Injection between 28-30 weeks with AntiRhesus (D)-globulin (RhedQuin, Rhogam or Rhophylac)
- Use of pomades with hydrocortisone
- Use of drugs: weed, cocaine, ecstasy, ...
- Use of oral contraceptives, IUD
- Drugs, smoking

### **1.1.2 During pregnancy:**

- IUI, IVF, etc.: Clomid, Pregnil
- Dental treatment, especially with amalgam fillings
- Vaccines, tetanus or tropical vaccines,
- Manteaux (to control if a person has been infected with tuberculosis)
- Chronic medication in case of asthma, colitis, epilepsy or other diseases
- Medication for hypertension
- Medication for sexual transmitted diseases
- Use of pomades with hydrocortisone
- Medication against vomiting
- Antacids: Maalox, Antagel en Gaviscon (aluminiumoxide)
- Rennies (with 10 mg aspartame/tablet)
- Antibiotics
- Artificial sweeteners: aspartame; chewing gum with aspartame; light-drinks with aspartame
- Paracetamol 500, containing also 40 mg aspartame
- Nose spray: xylomethazolin, Fluticason
- Vaginal tablets against fungi: dotrimazol, ...
- Sleeping pills
- Injections for maturation of the lungs in case of threatening early Delivery: betametason
- Inhibitors of contractions: ritodrinehydrochlorine, nifedipine

- Vinyl in sleeping room; soft plastics to cover food
- Strong emotional events eventually with medication
- Antihistamines for hay fever
- Deodorant (contains almost always aluminium)
- Cooking in aluminium pans
- Regular use of liquorice
- Use of alcohol
- Smoking
- Use of drugs: weed, cocaine, ecstasy, etc.
- MSG

### **1.1.3 During delivery**

- Stimulators of contractions: oxytocin
- Pain medication
- Anaesthetics
- Sedatives
- Sleeping pills

### **1.1.4 First 2 years of child's life and of mother if breast feeding**

- Vaccinations: BCG, Hepatitis B, DTPP/HIB/Pneumococci, MMR, Meningococ-C, DTP, tropical vaccines; flue vaccine – Pain medication: Paracetamol, ... – Nose spray: xylomethazolin – Antitussives (to suppress cough): promethazin, ... – – Antibiotics – Anaesthetics, esp. for tubes in ear drums – – Medication for the mother during breast feeding (esp. breast infections).
- Warming up of the (plastic) bottle in the microwave; plastic dummies; vinyl in the sleeping room; soft plastics making contact with food.
- Medication for reflux or vomiting.
- Investigations with contrast fluid.
- Inhalers for COPD (asthma).
- Anti-diarrhoea medication: Loperamide
- Antacids with aluminium