

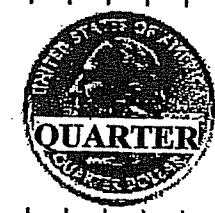


## ULTRASOUND & POC DATING TABLE

Gestational Age (Weeks)	4 wks			5 wks				6 wks				7 wks				8 wks															
Gestational Age (Days)	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56			
<b>ULTRASOUND FINDINGS</b>																															
Gestational Sac	◆ —◆																														
Yolk Sac	◆ —◆																														
Fetal Pole	◆ —◆																														
Cardiac Activity	◆ —◆																														
Mean Gestational Sac Diameter	◆ —◆																														
				3mm				5mm				8mm				13mm				19mm				26mm							
<b>POC SIZE</b>																															
																															
Gestational Age (Weeks)	4 wks			5 wks				6 wks				7 wks				8 wks															

◆ —◆ = At the beginning of the time range, each landmark first appears in a viable pregnancy.  
 At the end, the absence of the landmark may indicate a non-viable pregnancy.

# PREGNANCY DATING: TIPS AND METHODS

## Physical Exam

Dating by uterine size in centimeters	<ul style="list-style-type: none"> <li>• After 4 weeks, uterus increases by approx 1cm per week</li> <li>• After 12 weeks, uterus rises out of pelvis</li> <li>• At 15-16 weeks, uterus reaches midpoint between symphysis and umbilicus</li> <li>• At 20 weeks, uterus reaches umbilicus</li> <li>• After 20 weeks, fundal height in centimeters approximately equals weeks</li> </ul>						
Dating by uterine size in fruit comparisons	<table style="margin-left: auto; margin-right: auto;"> <tr> <td style="padding: 0 10px;">lemon</td> <td>5-6 weeks</td> </tr> <tr> <td style="padding: 0 10px;">medium orange</td> <td>7-8 weeks</td> </tr> <tr> <td style="padding: 0 10px;">grapefruit</td> <td>9-10 weeks</td> </tr> </table>	lemon	5-6 weeks	medium orange	7-8 weeks	grapefruit	9-10 weeks
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medium orange	7-8 weeks						
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Limitations to manual sizing:	<ul style="list-style-type: none"> <li>• Leiomyomata</li> <li>• Multiple gestations</li> <li>• Marked uterine retroversion</li> <li>• Obesity</li> </ul>						

## Ultrasound

Gestational sac	<p>The first ultrasound sign of pregnancy Seen at about 4 ½ weeks by transvaginal probe</p> <p>A normal gestational sac is characterized by: (remember FEEDS pneumonic)</p> <ul style="list-style-type: none"> <li>• F - Fundal (in mid to upper uterus)</li> <li>• E - Elliptical or round shape in 2 views</li> <li>• E - Eccentric to the midline</li> <li>• D - Decidual reaction (surrounded by a thickened choriodecidual reaction; appears like fluffy white cloud or rind surrounding sac)</li> <li>• S - Size &gt; 4 mm (Criteria sometimes used to distinguish from pseudosac)</li> </ul> <p>Gestational sacs should always be visible when the serum βhCG is:</p> <ul style="list-style-type: none"> <li>• ≥ 2000 mIU/ml by transvaginal probe</li> <li>• ≥ 3600 mIU/ml by transabdominal probe</li> </ul> <p style="border: 1px solid black; padding: 2px;"><math>\text{Mean gestational sac diameter (MSD)} = (L + W + H)/3</math></p> <p style="border: 1px solid black; padding: 2px;"><math>\text{Gestational Age (in days)} = \text{MSD (in mm)} + 30</math></p>	
Yolk sac	<ul style="list-style-type: none"> <li>• First confirmation of gestational sac; excludes a pseudosac</li> <li>• Round, symmetric sonolucent structure (with dark center) in gestational sac</li> <li>• Appears at approx 5-6 weeks and disappears by 11-12 weeks</li> <li>• May be seen when the mean gestational sac diameter is 8-10mm</li> <li>• Should always be seen when gestational sac reaches 13mm (43 days).</li> </ul>	
Embryo	<ul style="list-style-type: none"> <li>• Appears at approximately 6 weeks</li> <li>• Embryonic pole length (EPL) or crown-rump length (CRL) is longest axis of embryo</li> <li>• Don't include yolk sac or limbs in this measurement</li> <li>• Should be seen when gestational sac reaches 19 mm (49 days)</li> </ul> <p style="border: 1px solid black; padding: 2px;"><math>\text{Gestational age (days)} = \text{embryonic pole length (mm)} + 42</math></p> <p>After 12 weeks it is better to use biparietal diameter (BPD)</p>	
Embryonic cardiac activity	<ul style="list-style-type: none"> <li>• Appears at approx 6 ½ weeks</li> <li>• Should always be visible when embryo reaches 5mm (47 days)</li> </ul>	
"Red flags"	<p><b>For Ectopic Pregnancy:</b></p> <ul style="list-style-type: none"> <li>No gestational sac by 35 days LMP</li> <li>GS not characteristically normal</li> <li>No yolk sac by 38 days (8 mm GS)</li> <li>Free fluid in cul-de-sac</li> <li>Pain and/or vaginal bleeding</li> <li>Risk Factors for ectopic pregnancy</li> </ul>	<p><b>For Non-viability:</b></p> <ul style="list-style-type: none"> <li>No yolk sac by 13 mm GS (43 days)</li> <li>No cardiac activity by 5 mm EPL (47 d)</li> <li>No embryonic pole by 49 days</li> </ul>