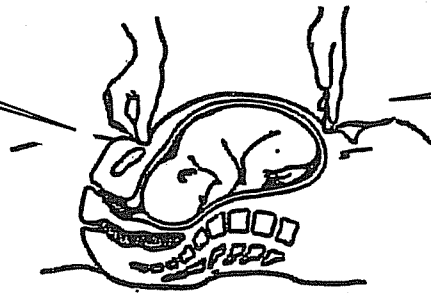


FUNDAL HEIGHT MEASUREMENT

Midline:

- Using a clean paper measuring tape, measure from the top of pubic symphysis to the top of fundus, including the upper curve of the uterine fundus. (Note: Bladder should be empty for all fundal height measurements).

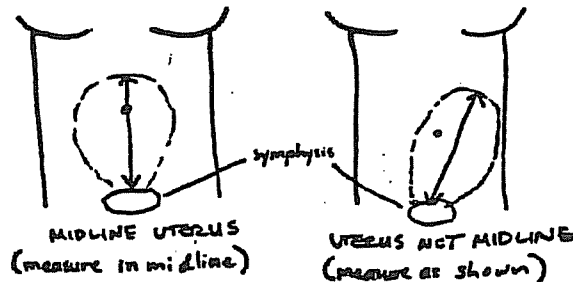
Fundus palpable



Pubic symphysis

Off Center:

- If fundus not midline, measure the longest palpable height.
- Fundal height in centimeters corresponds with gestational age from approximately 16-38 weeks (i.e. 32 cm at 32 weeks).
- If size and dates off 3 or more centimeters, order OB ultrasound to check fetal growth. If concerned about IUGR, order OBTU ultrasound.



Interpretation

