



SOP

FOR ABDOMINAL EXAMINATION DURING PREGNANCY

Definition – Examination of a pregnant women to determine the normalcy of foetal growth in relation to the gestational age, position of the foetus in uterus and its relationship to the maternal pelvis.

Purpose

1. To measure the abdominal girth and fundal height
2. To determine the Abdominal muscle tone.
3. To determine the foetal lie, presentation, position, variety (anterior or posterior) and engagement.
4. To determine the possible location of the foetal heart tones.
5. To observe the signs of pregnancy.
6. To detect any deviation from normal.

Procedure

1. Keeps the necessary items for abdominal examination & auscultation of FHS ready (mannequin on table, measuring tape, stethoscope / fetoscope, watch with second hand)
2. Wash hands and communicates with patient and instruct the patient to empty the bladder.
3. Stand on the right side of the patient.
4. Tell the patient that she will be undress from the nipple line to the midhigh
5. Observes the abdomen for any scar, size and shape, contour
6. Measures the fundal height using ulnar border of left hand. Measures it in weeks as well as in cms.
7. Palpate the abdomen
8. Fundal grip (to find out pole of the foetus at the fundus)
9. Lateral grip (to find out the side of foetal back)
10. Pawlik grip (to find out the position of the foetus)
11. Pelvic grips (to find out the foetal head engagement)
12. Places the fetoscope on the side where foetal back was felt.
13. Counts the FHR for 1 minute using watch with second's hand
14. Explains findings to mother
15. Records findings