**Obstetric Ultrasound Pocket Card**

**Transvaginal**
- **Probe:** Endocavitary
- **Mode:** OB-GYN
- **Patient bladder:** Empty
- **Best for:** 1st Trimester

**Transabdominal**
- **Probe:** Curvilinear
- **Mode:** OB-GYN
- **Patient bladder:** Full

**Due date:** 1st day of LMP + 9 months + 7 days

**Discriminatory Zone (b-HCG)**
- **Transvaginal:** 1000-2000 mIU/mL
- **Transabdominal:** 3000-5000 mIU/mL

**1st Trimester Checklist**
- Look for signs of an IUP
- Gestational dating
- Mean sac diameter
- Crown rump length
- Measure fetal heart rate

**2nd/3rd Trimester Checklist**
- Measure fetal heart rate
- Assess fetal lie and presentation
- Measure amniotic fluid volume (MVP)
- Fetal biometrics
  - BPD, HC, AC, Femur length
- Evaluate placenta

**Using Transvaginal Ultrasound:**
- **Gestational Sac (GS):** 4-5 wks
- **Yolk Sac (Y):** 5 wks
- **Fetal Pole (FP):** 6 wks

**Measure Fetal Heart Rate**
- Locate the fetal pole
- Optimize depth
- Turn on M-mode
- Place caliper over beating heart
- Measure and calculate heart rate

**Fetal Lie and Presentation**
- Measure fetal heart rate
- Assess fetal lie and presentation
- Measure amniotic fluid volume (MVP)
- Fetal biometrics
  - BPD, HC, AC, Femur length
- Evaluate placenta

**Maximum Vertical Pocket (MVP)**