

# 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

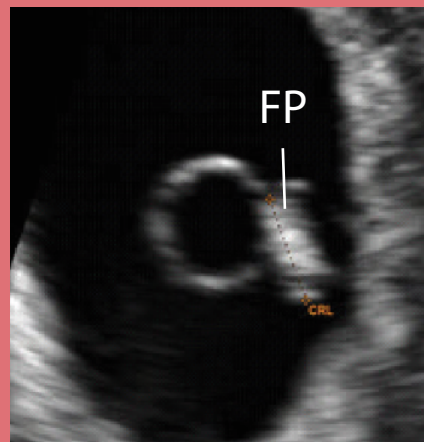
Transabdominal: 3000-5000 mIU/mL

## Using Transvaginal Ultrasound:

Gestational Sac (GS) - 4-5 wks

Yolk Sac (Y) - 5 wks

Fetal Pole (FP) - 6 wks



## 1st Trimester Checklist

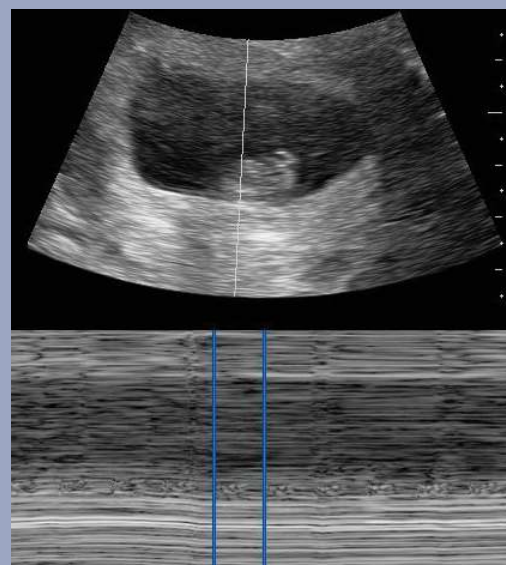
- Look for signs of an IUP
- Gestational dating
  - Mean sac diameter
  - Crown rump length
- Measure fetal heart rate

## 2nd/3rd Trimester Checklist

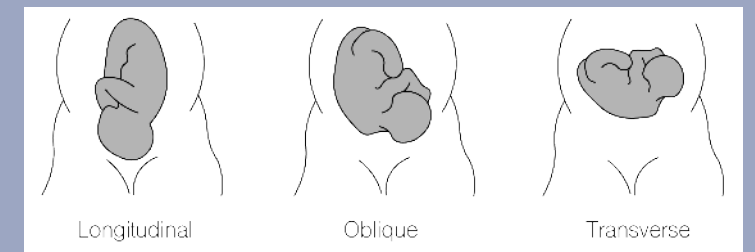
- Measure fetal heart rate
- Assess fetal lie and presentation
- Measure amniotic fluid volume (MVP)
- Fetal biometrics
  - BPD, HC, AC, Femur length
- Evaluate placenta

## 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



## Maximum Vertical Pocket (MVP)

