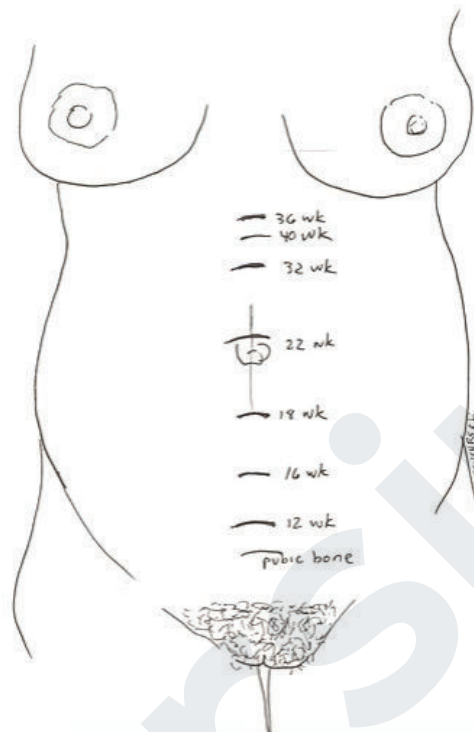


FUNDAL HEIGHT

You can use this method to quickly determine the approximate age of a fetus.
This is not definitive, but it can help you get a quick idea of the age!



- Find the height of the uterus, and compare it to the following landmarks:
 - Pubic symphysis - approximately 14-16 weeks
 - Umbilicus - 22-24 weeks
 - Xiphoid process - 36-40 weeks
- At 37-40 weeks, the fundal height regresses to 32-36 cm because the fetus prepares for birth
- Measurements may be shorter in the following:
 - Physically small fetus
 - Oligohydramnios
 - Small for gestational age
 - Intrauterine growth restriction
- Measurements may be longer in the following:
 - Twins or multiple births
 - Physically large fetus
 - Polyhydramnios
 - Large for gestational age
 - Hydatidiform Mole
 - Breech birth