

Introduction to obstetrics and gynecology

Obstetrics

Diagnosis:

1. Delayed period
2. Pregnancy home test
3. Blood test of BhcG: The peak at week 10 of gestation
4. Ultrasound screening:
 - Detect the gestational sac as early as 5 week.
 - Detect fetal heart at 6 weeks.

Terms and definitions:

First trimester	until 14 weeks
Second trimester	until 28 weeks
Third trimester	until delivery

Previaible birth	Prior 24 weeks
Preterm birth	24th week - 37th week
Term birth	37th week - 42th week
Post term birth	Beyond 42 weeks

Gravidity	no. of times a woman has been pregnant
Parity	no. of pregnancies that led to a birth beyond 20 weeks or weight >500g
Example: G2P1 → currently pregnant and delivered one baby	

EDD expected date of delivery **[IMPORTANT]**

From the date of last menstrual cycle:

1. Add 7 to days
2. Extract 3 from the month
3. Add an appropriate year in relation to the month (may be in the same year or next year)

For example, if the LMP was in 17/5/2023 what is the EDD?

- $17+7= 24$
- $5-3=2$
- 2024

So, the EDD is → 24/2/2024

Stages of delivery:

First stage	From true labor - fully dilated cervix
Second stage	From fully dilated cervix - delivery of baby
Third stage	From delivery of baby- delivery of placenta

Gynecology

Reproductive gynecology	endocrine disorders, adolescent gynecology, IVF in vitro fertilization
Urogynecology	Pelvic organ prolapse and urinary incontinence
Gynecology oncology	tumours of the genital tract, The most important thing is screening of cervical cancer by PAP smear , ovarian cancer by Ultrasound
Laparoscopic gynecology and minimally invasive gyn surgery	

Past papers

1. If the last menstrual period was on 15/8/2011 then expected day of birth is:
 - Answer: 22, may 2012
2. Preterm birth occurs:
 - Answer: before 37 weeks
3. In an ovarian cycle of 35 days , ovulation occurs mostly at day number:
 - Answer: 21 (35-14)
4. What is the expected date for delivery (in weeks), for a known ovulation date:
 - A) 40 weeks
 - B) 38 weeks
 - C) 36 weeks
 - Answer: B

Note about the last question:

- If the date of ovulation is known → the EDC can be calculated by adding 266 days (266÷7=38 weeks)
- If the date of the last menstrual period is known → the EDC can be calculated by adding 280 days (280÷7=40 weeks)