

3. Abdominal examination during pregnancy

Abdominal fist

Note done an act Finished

- 1 – Introducing myself, welcoming the woman, explaining the procedures and preparation equipment
- 2– Obtaining the woman's consent to perform the procedure
- 3 Maintain privacy
- 4– Washing hands
- 5– Instruct the woman to empty her bladder before the examination.

e) Measure the number of fingers that can be placed between the fundus and xiphisternum, or measure the distance from the pubic symphysis To the fundus using the fundus hand– tap gauge or (maneuver (1):

- 1) – He remains on the right side of the woman and looks at Her face
- b) The fundus of the uterus is palpated with both hands.
- d) To determine the location of the fetus's back and limbs, which part of the fetus occupies the lateral wall of the uterus.

7 – Exposing the woman's abdomen from the symphysis to the xiphoid, and left Covering the legs and pubic area.

10 – Examine the abdomen to determine its size, shape, and skin pigmentation. From the xiphoid cartilage down until you feel the resistance of the fundus.