

# Measurement of Symphysis Fundus Height



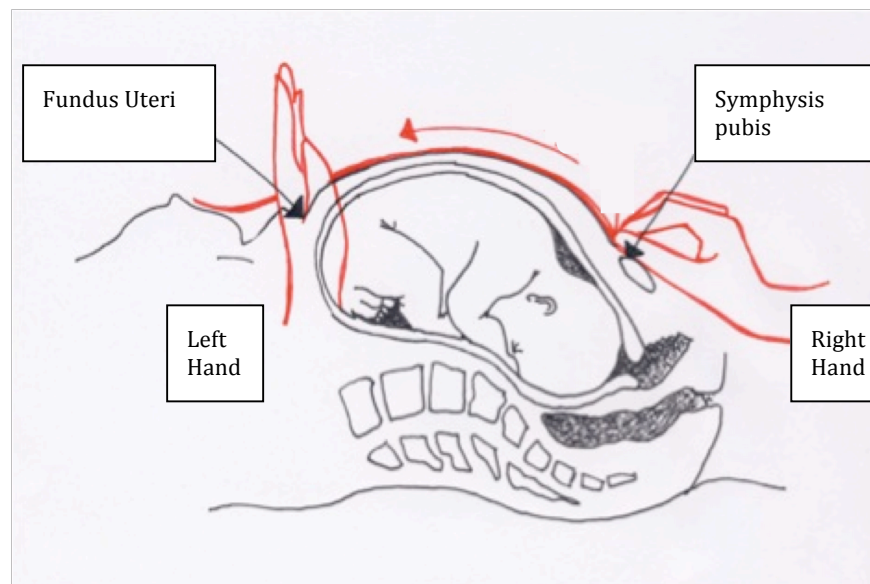
## Position of the patient

The patient should lie in the **supine** position and should have an **empty bladder**. Therefore the measurement is best done after the ultrasound scan when the woman has voided the bladder.

## Technique for measuring uterine height:

1. Uterine height should be measured only using the **metric** tape of **non-elastic** material provided by the study.
2. Measurements are to be **blinded**, by turning the tape measure so that no numbers are visible during the measurement.
3. Hold the 0 cm marking of the tape with one hand, securing it over the upper border of the symphysis pubis bone.
4. With the palm of the other hand on the abdomen, pass the tape in a straight line from the symphysis pubis over the uterus to the fundus uteri until you feel a resistance in the abdominal wall. **DO NOT HOLD THE TAPE BETWEEN THE FINGERS.**
5. Use the cubital edge of the hand to sustain the tape in place at the point of the fundus uteri.
6. Carefully fold the paper at the level of the fundus. The tape should then be turned so that the numbers are visible and the value can be recorded. Please be aware that the tape has both cm and inches but that values should be recorded in cm only.

**Figure 1. Tape measure technique from the symphysis pubis to the fundus uteri**



7. Record the measurements in question 14 of the Ultrasound Follow-up form, to the nearest complete millimeter. Repeat the whole process a **second time** and record the second measurement.

Section 2: Symphysis Fundal Height	
15. Symphysis Fundal Height	
1 <sup>st</sup> Measurement	<input type="text"/> <input type="text"/> . <input type="text"/> cm
2 <sup>nd</sup> Measurement	<input type="text"/> <input type="text"/> . <input type="text"/> cm