Obstetric calculations: one-page revision sheet

NAEGELE'S RULE (EDD)

EDD = LMP + 7 days − 3 months + 1 year

Same as LMP + 9 months + 7 days, or LMP + 280 days. From conception: + 266 days.

Cycle not 28 days: add (cycle length − 28) days. A 35-day cycle → +7 days.

Example: LMP 27 May 2026 → +7 d = 3 June → −3 mo = 3 March → +1 yr = **3 March 2027**. When +7 days rolls into the next month, subtract 3 months from the *new* month.

Redating (ACOG): first-trimester CRL scan is most accurate; change the EDD if it differs from LMP dating by >5 days before 9 weeks, or >7 days at 9+0–13+6 weeks.

PERIOD OF GESTATION (POG)

Days since first day of LMP ÷ 7 = weeks, remainder = days

Example: 92 days → 13 weeks 1 day, written **13+1** — she is in her 14th week.

Gestational age counts from the LMP; fetal (conceptional) age is about 2 weeks less.

GTPAL

G	Gravida: all pregnancies, **including the current one**
T	Term births (≥37+0 weeks)
P	Preterm births (20+0 to 36+6 weeks)
A	Abortions/miscarriages (<20 weeks)
L	Living children

Twins = one T or P, but two L. **Example:** pregnant now; one baby at 39 wk (alive), one miscarriage at 8 wk → **G3 T1 P0 A1 L1**.

TERM & TRIMESTERS

Preterm	<37+0 (late preterm 34+0–36+6)
Early term	37+0 – 38+6
Full term	39+0 – 40+6
Late term	41+0 – 41+6
Post-term	≥42+0 (ACOG)

Trimesters: 1st 0–13 wk · 2nd 14–27 wk · 3rd 28 wk to birth.

FUNDAL HEIGHT

McDonald's rule: fundal height (cm) ≈ weeks ± 2 cm (about 24–36 wk)

Measure from the upper border of the symphysis pubis. A difference of ≥3 cm usually prompts a growth scan.

12 wk	Just palpable above the symphysis pubis
Umbilicus	24 wk in Indian textbooks/exams · ~20 wk in many Western sources
36 wk	Xiphisternum (highest point)
38–40 wk	Often lower again — lightening/engagement

BISHOP SCORE (MAX 13)

	0	1	2	3
Dilation	Closed	1–2 cm	3–4 cm	≥5 cm
Effacement	0–30%	40–50%	60–70%	≥80%
Station	−3	−2	−1, 0	+1, +2
Consistency	Firm	Medium	Soft	—
Position	Posterior	Mid	Anterior	—

≥8 favourable · ≤6 unfavourable (consider ripening) · simplified (dilation + effacement + station) ≥5 favourable.

APGAR (1 & 5 MIN)

	0	1	2
Appearance	Blue/pale all over	Body pink, extremities blue	Pink all over
Pulse	Absent	<100	≥100
Grimace	No response	Grimace	Cry/cough/pulls away
Activity	Limp	Some flexion	Active movement
Respiration	Absent	Weak, irregular	Strong cry

7–10 reassuring · 4–6 moderately abnormal · 0–3 low. If 5-min score <7, repeat every 5 min to 20 min. Never delay resuscitation to score.

NUMBERS WORTH KNOWING

- Fetal heart rate baseline: **110–160 bpm**
- Implantation: 6–12 days after ovulation, most on days 8–10
- NT scan 11–14 wk · anomaly scan 18–21 wk · glucose test 24–28 wk
- Puerperium: about 6 weeks; lochia usually stops by 6 weeks
- Corrected age = actual age − (40 − weeks at birth)

Educational summary for revision. Answer in the convention your syllabus uses and follow local clinical guidelines.

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