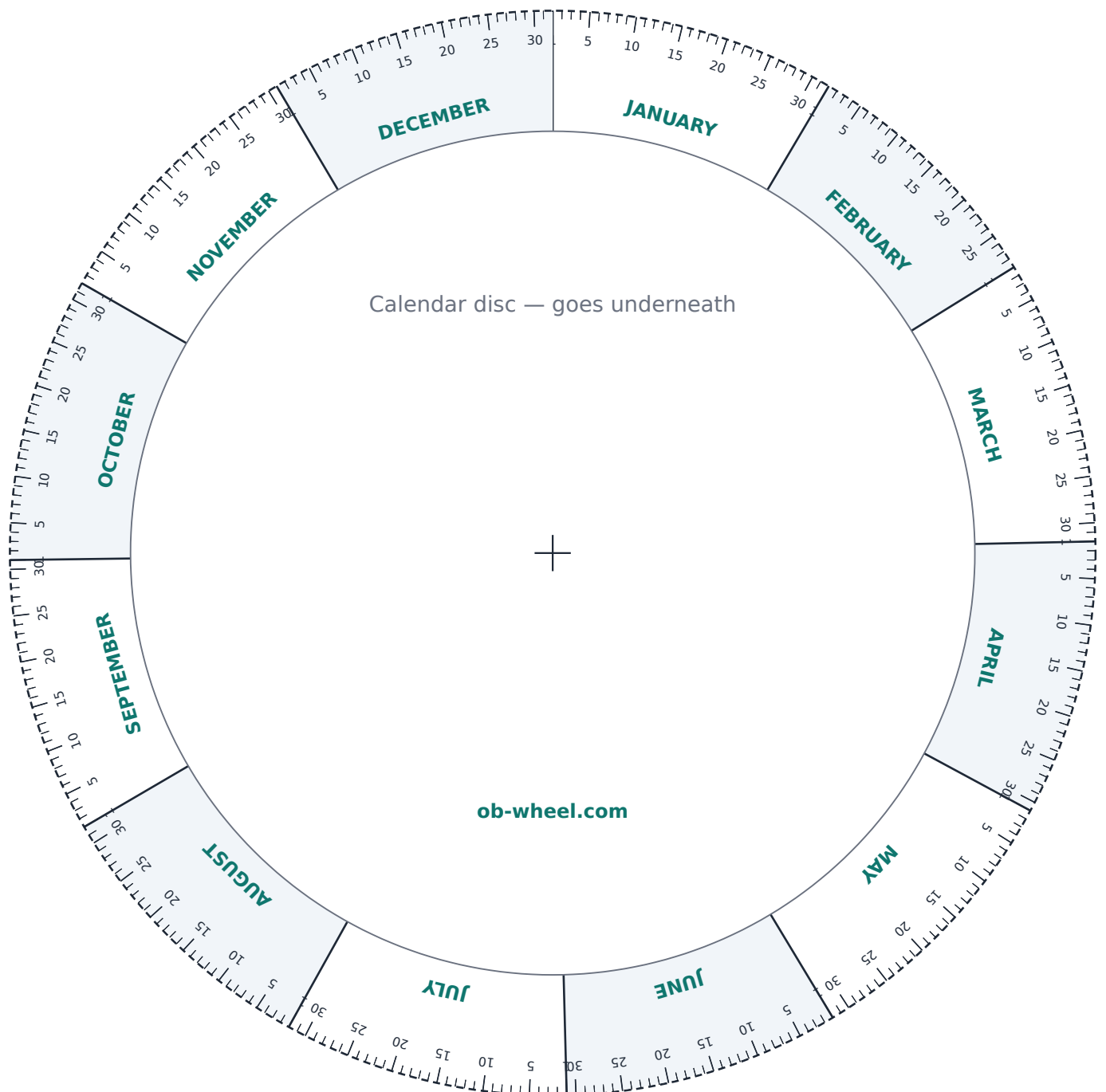


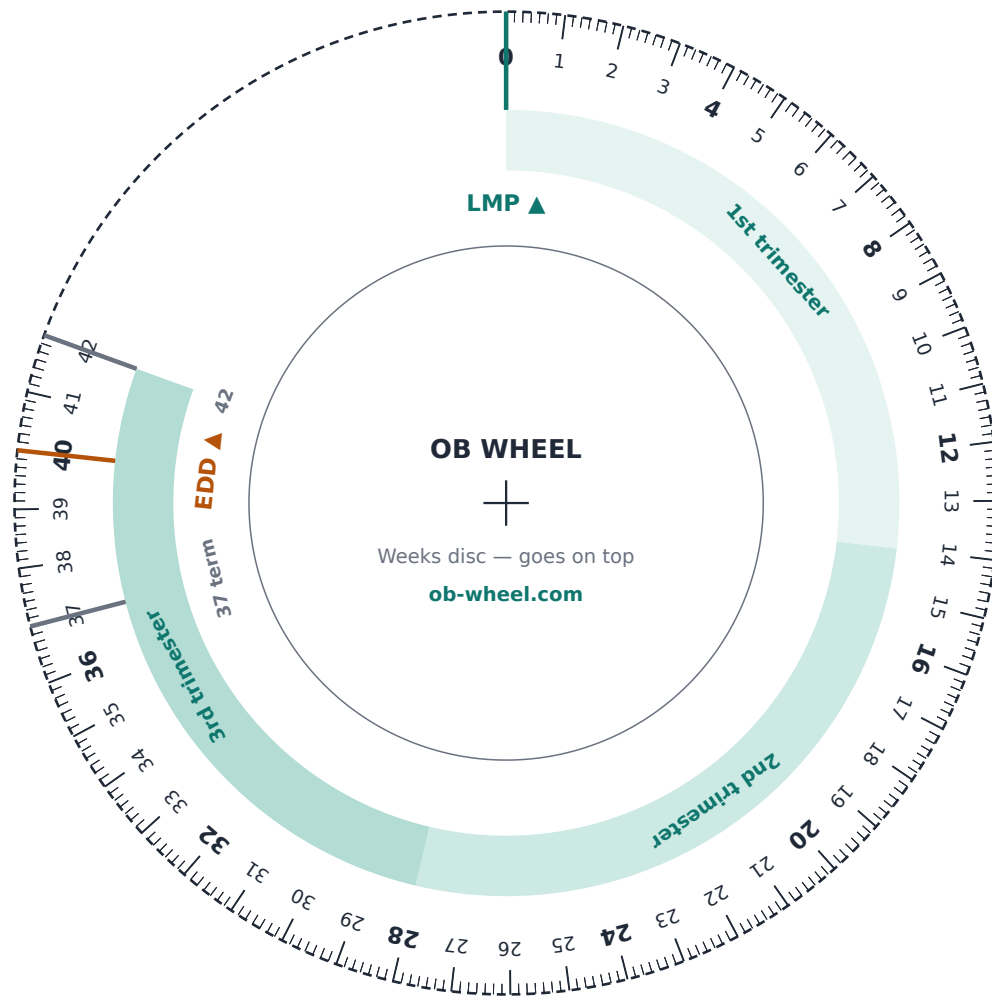
Printable OB wheel — page 1 of 2: calendar disc

Print both pages at **100% / actual size** on card if possible. Cut along the dashed circle. This disc goes **underneath**.



Printable OB wheel — page 2 of 2: weeks disc

Cut along the dashed circle. This disc goes **on top**. Pin both discs through the centre crosses with a paper fastener (split pin).



How to use it

1. Turn the top disc until the **LMP ▲** arrow points at the first day of the last menstrual period on the calendar.
2. The **EDD ▲** arrow (40 weeks) now points at the estimated due date (Naegle's rule: LMP + 280 days).
3. To find the gestational age on any date, find that date on the calendar: the week number beside it on the top disc is the gestational age.
4. To find the date for a given week, find the week on the top disc and read the calendar date beside it.
5. Check dates against an early ultrasound: if the scan differs by more than 5 days before 9 weeks, or more than 7 days at 9-13+6 weeks, the scan date is used (ACOG).

Trimesters shown: 0-13, 14-27 and 28+ weeks. Term begins at 37 weeks; 42 weeks is post-term.