

DIAGNOSIS OF PREGNANCY

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REPRODUCTIVE HEALTH

Outline

- Need for diagnosis
- Symptoms of pregnancy
- Suggestive signs
- Definitive signs
- Tests

Rationale for diagnosis

- Enable planning for pregnancy and ANC
- Need to screen for anomalies in those at risk

Symptoms

- Missed menses – significant if late by > 5 weeks, if cycles are usually regular
- Morning sickness – earliest, variable
- Frequency of micturition
- Breast symptoms – nipple tenderness, breast fullness (mastodynia) – by 6th week
- Abdominal fullness – gaseous distension, bloating, uterine mass

Symptoms contd.

- Fetal movements – as early as 16th week, though usually 18-20 weeks in multipara, 20-22 in prime gravidas = Quickening

Presumptive signs

- Palpable uterus on bimanual palpation – bulky by 8 weeks, at symphysis pubis by 10-12 weeks
- Abdominal enlargement – visible by week 16 for most
- Striae gravidarum – on abdomen, breasts, thighs; due to stretching in presence of high ACTH levels – persist as striae albicantes
- Linea nigra, chloasma, darkening of areola – due to high estrogen, melanin production

Presumptive signs contd.

- Montgomery's tubercles
- Hagar's sign – extreme softening of cervix/ lower segment – fingers almost meet on bimanual palpation – by week 6
- Oslander's sign – increased pulsation in the lateral fornices – by week 8
- Jacquemier's sign – darkening of vaginal mucosa due to increased venous flow – a reflection of increased pelvic blood flow

Definitive signs

- Fetal heart sounds – audible on fetoscopy by 24th week, demonstrated on fetal Doppler (sonic aid, ultrasound) earlier
- Palpable fetal parts – on abdominal palpation after 26 weeks

Tests that indicate pregnancy

- Pregnancy test – for β -HCG
 - Urine test - +ve by week 6, picked earlier by very sensitive test kits
 - Blood test – more reliable earlier 6 weeks
- Ultrasound – trans abdominal/trans vaginal
 - Enlarged endometrium (decidua) - suggestive
 - Gestational sac – by week 6
 - Fetal pole with fetal heart by week 8
 - Identifiable fetal organs by week 16