



# OBSTETRICS/GYNECOLOGY



COMPLETE STUDY GUIDE, STUDY SHEETS, & SOAP NOTE

**OBSTETRICS & GYNECOLOGY**

**Normal Physiology**

- **Menstrual Cycle:** 28 days, 4 phases (Menses, Follicular, Ovulation, Luteal)
- **Menstruation:** Shedding of the uterine lining (endometrium)
- **Endometrium:** 3 layers (Stratum functionalis, Stratum basalis, Stratum spongiosum)
- **Ovulation:** Release of an egg from the ovary (Oocyte)
- **Fertilization:** Sperm + Egg = Zygote
- **Implantation:** Zygote implants in the uterine lining
- **Pregnancy:** 40 weeks, 3 trimesters
- **Delivery:** 9 months, 3 trimesters

**Diagnosis**

- **History:** Menstrual history, Sexual history, Family history
- **Physical Exam:** Pelvic exam, Breast exam, Abdominal exam
- **Imaging:** Ultrasound, MRI, CT scan
- **Laboratory:** Blood tests, Urine tests, Pap smear

**Management**

- **Medical:** Hormonal therapy, Pain management
- **Surgical:** Hysterectomy, Oophorectomy
- **Behavioral:** Lifestyle changes, Stress management

**BACTERIAL VAGINOSIS**

**KEY INFORMATION**

- **Etiology:** Disruption of normal vaginal flora
- **Diagnosis:** Amsler's test, pH test, Microscopic exam
- **Treatment:** Antibiotics (Metronidazole, Clindamycin)

**SYMPTOMS**

- **Discharge:** Thin, white, clumpy
- **Odor:** Fishy, especially after sex
- **Itching:** Mild
- **Pain:** Discomfort during sex

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# Ob Gyn Study Guide

**A Gutmann**



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