



OBSTETRICS/GYNECOLOGY



COMPLETE STUDY GUIDE, STUDY SHEETS, & SOAP NOTE

OBSTETRICS & GYNECOLOGY

Normal Physiology

- **Menstrual Cycle:** 28 days, 4 phases (Menses, Follicular, Ovulation, Luteal)
- **Phases of the Menstrual Cycle:**
 - 1. **Menses:** Shedding of the uterine lining (endometrium)
 - 2. **Follicular Phase:** Follicles develop in the ovaries
 - 3. **Ovulation:** Release of an egg from the ovary
 - 4. **Luteal Phase:** The corpus luteum produces progesterone
- **Hormones:** Estrogen, Progesterone, LH, FSH, Prolactin
- **Endometrium:** Layers of the uterine lining (Stratum functionalis, Stratum basalis)
- **Uterine Contractions:** Braxton-Hicks contractions, Labor contractions

Diagnosis

- **History:** Menstrual history, Sexual history, Obstetric history
- **Physical Exam:** Pelvic exam, Pap smear
- **Imaging:** Ultrasound, MRI
- **Laboratory Tests:** Blood tests (Hb, Hct, Ferritin), Urine tests (Pregnancy, Urinary tract infection)

Management

- **Primary Dysmenorrhea:** NSAIDs, Hormonal therapy
- **Secondary Dysmenorrhea:** Treat underlying condition
- **Menstrual Irregularities:** Hormonal therapy, Lifestyle changes
- **Infertility:** Fertility treatments, IVF
- **Contraception:** Birth control pills, IUDs, Condoms

BACTERIAL VAGINOSIS

KEY INFORMATION

- **Etiology:** Disruption of normal vaginal flora
- **Diagnosis:** Amsler's test, pH > 4.5, Fishy odor
- **Treatment:** Antibiotics (Metronidazole, Clindamycin)
- **Symptoms:** Itching, Discharge, Odor

8.5" x 11"

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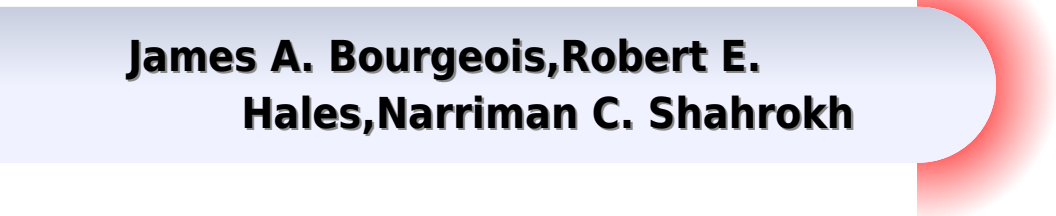
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Hales, Narriman C. Shahrokh**



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