

## Index

Page numbers in italics refer to figures. 'baby blues', 113 β-human chorionic gonadotrophin (β -HCG) tests, 68, 93 abbreviations, xiii-xv abdominal examination, 5, 7-8, 60 betamethasone, 154 abdominal pain, 213-16, 222-5 bimanual examination, 6-7, 31 bleeding in early pregnancy, 226-9 birth, see labour bladder habits, 235, 237 ectopic pregnancies, 230-3 upper, during labour, 182 bleeding, see also postpartum haemorrhage abdominal swelling, 81-5 antepartum, 157-61, 226-9 abortion, induced, see termination of ectopic pregnancy, 230-2 pregnancy intermenstrual, 31 irregular, 97-8, 101-4 abortion, spontaneous, see miscarriage ACE inhibitors, in pregnancy, 147 miscarriage vs pregnancy, 232 acne, 39-42 molar pregnancy, 91 acute pelvic infection, 213-16 postmenopausal, 217-21 blood coagulation, 36-7 adenocarcinomas, 103, 217-21 blood pressure control, 142-3 adolescents, see teenagers blood sugar levels, 64-7, see also diabetes amniocentesis, 70 amniotic fluid index (AFI), 62-3, 171 breastfeeding (lactation), 111-12, 114 amphetamines, 207 breasts anaemia, 36 lumps in, 82-3analgesia, 215, 225 pain from mastitis, 195-6 androgen excess, 39-42 breech presentation, 190-7, 193, 198-205 antenatal care, 56-63, see also pregnancy day pregnancy units, 149-50 caesarean section shared care, 56, 58-9 breech presentation, 191-6, 200-1, 204 antepartum haemorrhage, 157-61, 226-9 calf compressors in, 200 anti-D prophylaxis, 60, 62, 198, 201 diabetes and, 166-7 feelings of failure after, 110~11, 114–15 antibiotics, 200-1, 215-16 anticoagulation, 203-4 herpes in pregnancy, 178-80 placenta praevia, 159 anticonvulsants, 144-5 antidepressants, 113-14 placental abruption, 183 risks of, 167, 195 antihypertensives, 142-3 anxiety severe pre-eclampsia, 143-4 tubal ligation at time of, 160 abnormal Pap smear reports, 24-6 climacteric and, 95, 98-9 calf compressors, 200, 202, 204 appendicitis, vs acute pelvic infection, 216 cancer, see cervical cancer; endometrial cancer; vulval cancer arterial blood flow, 171 Candida infection, 108 atrophic vaginitis, 21-2, 46, 218

cannabis, 207	essential hypertension and, 51–5
cardiotocographic (CTG) traces, 62-3	hormonal alternatives to COCP, 108
cases, see clinical cases	natural family planning, 72
cervical cancer, 11, see also Pap smears	postnatal checks, 20-3
HPV and, 14-15, 17, 28	teenagers, 86-90
irregular bleeding, 101-4	while breastfeeding, 180
Pap smear registers, 17–18	cord prolapse, 191, 199-201
smoking and, 102, 104	counselling
cervical ectopy (ectropion), 117-19	debriefing after unexpected events, 201–2
cervical polyps, 117–19	prior to sterilisation, 54
childbirth, see labour	cystocele, 236
chlamydial infection, 213–16, 231	cysts, ovarian, 81-5, 222-5
screening tests, 15, 87, 89–90	cysts, ovarian, or sy and s
	day pragnancy unite 149_50
choriocarcinoma, 92	day pregnancy units, 149–50 deep venous thrombosis (DVT), 203–4
chorion villous sampling (CVS), 70	
chromosomal defects, 170, 228	delay in labour, see prolonged labour
Down syndrome screening, 70, 71,	delayed labour, see prolonged pregnancy
169-70, 173	delivery, see also labour
chronic hypertension, see essential	as cure for pre-eclampsia, 140
hypertension	options for place of, 56, 58-9, 190-7
cigarette smoking	twins, 174-5
cervical cancer and, 102, 104	vacuum extraction, 184, 185, 186
pregnancy and, 180, 206-10	depot medroxyprogesterone acetate
climacteric (approach to menopause), 95	(DMPA), 23
clinical cases, xi	depression, postnatal, 110-15
general practice, 11-120	detrusor overactivity, 235, 238
gynaecology, 21339	diabetes
obstetrics, 123–210	gestational, 162-8, 164
coagulation screens, 36-7	male infertility and, 76
cocaine, 207	PCOS and, 40–1
colposcopy, 25–6, 25	postmenopausal bleeding and, 217–18
combined oral contraceptive pill (COCP),	pregnancy and, 64–7, 169–72
12-13	diet, 163
acne, 39–42	dizygotic twins, 69
cervical ectopy associated with, 117–18	Down syndrome screening, 70, 71, 169-70,
contraindicated with hypertension, 51	173
menstrual loss and, 29, 32, 37-8, 116	drug use, recreational, 206–10
precautions when taking, 87–8	dysmenorrhoea, 14, 43–5, 116
safety of, 13–14	dyspareunia, 116, 120
teenagers, 86-90	
conception, 79, see also infertility;	eclampsia (seizure disorder), 144, 148
pregnancy	ectopic pregnancies, 227, 230–3
after abnormal Pap smear, 24, 26	edema, in pre-eclampsia, 140
difficulty achieving, 116–20	emergency contraception, 106
condom use, 86-7, 108-9	endometrial ablation, 32-3
cone biopsy, 26, 28	endometrial adenocarcinoma, 217-21
constipation, 81	endometriosis, 116
continuous CTG monitoring, 128-9, 132	endometritis, 96, 216
contraception, see also combined oral	epidurals, 125, 128, 129, 130
contraceptive pill; condom use; IUCDs;	episiotomy, 131, 134, 135
progestogen-only pill	essential hypertension, 147
emergency, 106	contraception and, 51-5

pre-eclampsia and, 145, 148–50	haemorrhage, see bleeding; postpartum
etonogestrel implants, 22	haemorrhage
examinations	hand-held patient record, see shared care
adult gynaecological patients, 5-7	card
pregnant women, 7–8	heavy periods, see menorrhagia
expected date of delivery (EDD), 57	HELLP syndrome, in pre-eclampsia, 142
external cephalic version (ECV), 191-2,	heparin, in DVT, 203-4
194	hepatitis C virus (HCV), 208–9
191	heroin, 207
fallopian tubes, 78-9	herpes genitalis (HSV-2) infection, 177-81
ectopic pregnancies in, 231–2	herpes simplex, 89
family history, in antenatal care, 57	high blood pressure, see hypertensive
family members, speaking for patients, 222	disorders in pregnancy
fertility, see infertility	hirsutism, 39
fetal assessment	
	history taking, xi, 3–4
diabetic mothers, 65–6	antenatal care, 57
growth, 165, 166	infertility, 76
prolonged pregnancy, 62-3	HIV (human immunodeficiency virus),
fetal fibronection (fFN) test, 153	89-90 have birth planted 200. 7
fetal hypoxia, 184	home birth planned, 190-7
fetal lung maturation, 153-4	hormonal changes, see infertility;
fetal monitoring	menopause; polycystic ovarian
continuous CTG monitoring, 128–9, 132	syndrome
intrauterine growth restriction, 148–50	hormone replacement therapy, 98–100
placental abruption, 182-4	hot flushes, 95-100
fetal nuchal translucency (FNT), 70, 170	HSV-2, 177–81
fetal presentation and lie, 60, 61	β-human chorionic gonadotrophin
breech, 190-7, 193, 198-205	(β -HCG) tests, 68, 93
occipito-posterior, 131	human papillomavirus (HPV) infection,
twins, 175	14–15, 17, 28
fever, 195–6, 202	vaccines against, 28, 49
fibroadenomas, 83-4	hydatidiform mole, 91-2
flushes, see hot flushes	hydralazine, 142-5
foetal, see entries starting with fetal	hyperemesis, 71, 187–9
folate (folic acid) supplementation, 37	hypertensive disorders in pregnancy, 147-8,
forceps, in placental abruption, 186	see also essential hypertension; pre-
fundal height, 60, 61	eclampsia
	hysterectomy, 33, 104, 238-9
general practice, clinical cases in, 11–120	hysterosalpingogram (HSG), 78-9
genetic screening for BRCA gene, 84	hysteroscopy, 118, 119
genital warts, 89	
gestational diabetes mellitus (GDM), 162-8,	in-vitro fertilisation (IVF), 74, 79
164, see also diabetes	incontinence, see urinary incontinence
gestational hypertension, 147	induced abortion, see termination of
gestational trophoblastic disease, 91-2	pregnancy
glucometers, 163	induction of labour, 62, 140, <i>141</i>
glucose tolerance testing, 60, 162, 164	diabetic mothers, 172
gonorrhoea screening, 87, 89	infections, mastitis, 195-6
group B Streptococcus (GBS), 198-201	infertility, 74–80, 116–20
gynaecology	insulin
clinical cases, 213-39	in pregnancy, 166–7, 171–2
history taking, 3–4	insulin resistance in PCOS, 40

postmenopausal bleeding, 217-21 intercourse, see sexual intercourse menorrhagia (heavy periods), 29-34, 35-8 intermenstrual bleeding, 31 menstrual cycles, see also dysmenorrhoea intraperitoneal haemorrhage, 232 intrauterine contraceptive devices, see climacteric, 95–6 **IUCDs** irregular, 40, 42, 91 intrauterine growth restriction (IUGR), methotrexate, 55 208-9 in ectopic pregnancy, 232-3 invasive mole, 92 methyldopa, 148 iron supplementation, 37, 188-9 metoclopramide, 188-9 irregular bleeding, 97-8, 101-4 midwife home birth planned, 190-7 itching, vulval, 46-50 mifepristone, 55 IUCDs (intrauterine contraceptive devices), miscarriage (spontaneous abortion), 228-9 23, 97 distinguished from ectopic pregnancy, as emergency contraception, 107 232 for menstrual loss, 32 threatened, 227 twins, 70-1 removal of forgotten, 96-8 IVF, 74, 79 misoprostol, 55 molar pregnancies, 91-4 labour (childbirth), see also delivery; monozygotic twins, 69 moodiness, 95 postnatal checks; pregnancy acceleration using oxytocin, 130, 130 morning sickness, 71, 187 'big baby' expected, 125, 137 multiple choice questions, 240-50 delayed onset of, 62-3 multiple pregnancies, 68-73, 173-6 delivery of placenta, 133, 185-6 induction of, 62, 140, 141, 172 Naegele's rule, 57 preterm, 152-6, 177-81 natural family planning, 72 prolonged, 123-37 nausea, in pregnancy, 71, 187-8 lactation consultants, 111-12 neonatal herpes, 178-80 laparoscopy and laparotomy neonatal intensive care, 155 ectopic pregnancy, 231-2 nifedipine, 154-5 ovarian cyst removal, 84 NSAIDS, 32, 44 sterilisation, 52-4 tubal patency assessment, 79 obesity, 217-18 large loop excision of the transformation obstetrics clinical cases, 123-210 zone (LLETZ), 25-6, 28 legal requirements for induced abortion, history taking, 3-4 oedema, in pre-eclampsia, 140 52 - 3levonorgestrel contraception, 23, 106 oncology, see cervical cancer; endometrial lichen sclerosus, 49-50 cancer; vulval cancer lie of the fetus, see fetal presentation and lie oral contraceptive pill, see combined oral lifestyle factors, 95, 98-100 contraceptive pill; progestogen-only pill long labour, see prolonged labour ovarian cysts, 81-5, 222-5 'low-lying' placenta, 157-8 ovarian volume, 79 low molecular weight heparin (LMWH), overflow incontinence, 235 203-4 ovulation, 75, 78 oxytocin infusion macrosomia, 65-6 to accelerate labour, 130, 130 magnesium sulfate, 144-5 to contract uterus, 134 mastitis, 195-6 MCQs, 240-50 pain, see abdominal pain; breast pain; McRoberts' manoeuvre, 131, 133 dysmenorrhoea; pelvic pain

pain relief in labour, see epidurals

menopause, 95-100

Pap smears, 208, see also cervical cancer abnormal reports, 24–8, 27 after hysterectomy, 239 cervical examination and, 102 procedure for taking, 17–18 teenagers, 87 terminology in reporting results of, 21 well-woman checks, 11–12, 14–15, 17–19	large-for-dates uterus, 69, 92, 94 minor discomforts of, 71–2 persistent vomiting in, 187–9 physical examination, 7–8 small-for-dates babies, 206–10 unplanned, 51–5, 105–9, 187, 206–10 presentation, see fetal presentation and lie preterm labour, 152–6
partograms, 125, <i>126–7</i> PCOS, 39–42	infections and, 177–81 primary dysmenorrhoea, 14, 43–5, 116
pelvis	problem-based learning (PBL), xi
causes of pelvic masses, 82, 84 chronic infection of, 231	progestogen-only pill (mini-pill), 20, 22–3, 108
pain in, 96, 116, 120	progestogen-releasing IUCD, 32
pelvic floor strengthening, 237-9	prolapse, 234-9
pelvic inflammatory disease (PID), 213-16	prolonged labour, 123-37
penicillin prophylaxis for GBS, 199-201	prolonged pregnancy, 62-3
perimenopause, 95-100	prostaglandin synthetase inhibitors, 44
perineal tears, 134, 135	prostaglandins, in period pain, 43-5
period pain (dysmennorrhoea), 14, 43-5,	proteinuria (with hypertension), see pre- eclampsia
periods, see menstrual cycles	pruritis vulvae, 46–50
pessaries, ring, 237	psychiatric treatment for postnatal
physical examinations, see examinations	depression, 113
placenta	psychological aspects of morning sickness, 187
delivery of, 133, 185–6 'low-lying', 157–8	pyrexia, 195-6, 202
placenta accreta, 159	recreational drug use in pregnancy, 206-10
placenta praevia, 157-61, 195	rehydration, for morning sickness, 188
placental abruption, 182-6	respiratory distress syndrome, 179
polycystic ovarian syndrome (PCOS), 39-42	Rhesus antibody, anti-D prophylaxis, 60, 62
postmenopausal bleeding, 217–21	198, 201
postnatal checks, 20–3	ring pessaries, 237
postnatal depression, 110-15	<b>0</b> F
postoperative pyrexia, 202	safe sex, 86-90, 108-9
postpartum haemorrhage, 134, 136–7	salpingectomy, 231
placenta praevia, 160-1	screening tests, 16, 170, see also Down
placental abruption, 185-6	syndrome screening; Pap smears
risk with twins, 175	sexually transmitted infections, 87-90, 108
postpartum pyrexia, 195-6	seizures, în pre-eclampsia, 141, 144
pre-eclampsia, 138-46, 148	semen analysis, 77–8
essential hypertension and, 51-2, 148-50	sexual intercourse
pregnancy, 56-63, see also antenatal care;	discussing with minors, 35, 42, 223
conception; infertility; labour; twin	emergency contraception, 106
pregnancies	infertility and, 74
abdominal palpation, 60, 61	safe sex, 86-90, 108-9
antepartum haemorrhage, 157-61, 226-9	sexually transmitted infections, 105-9, see
commercial tests for, 214	also chlamydia; herpes
descent of the head, 60, 61	acute pelvic infection, 213-16
diabetes and, 64-7	screening tests, 87–90, 108
expected date of delivery, 57	shared care card (patient hand-held record)
herpes in, 177-81	59, 123, <i>124</i> , 138, 157, 190

shock, from miscarriage, 227–8 shoulder dystocia	tubal pregnancies, see ectopic pregnancies tubal sterilisation, see sterilisation
fetal macrosomia and, 66	tumour markers, for ovarian cancer, 83
prolonged labour, 131, 133, 137	twin pregnancies, 68-73, 173-6
smoking	,
cervical cancer and, 102, 104	ultrasound scans, 58, 60
during pregnancy, 180, 206-10	diabetic mothers, 65-6
social workers, 180	molar pregnancies, 92–3
unplanned pregnancies and, 188-9, 208-9	twin pregnancies, 68–70
speculum examination, 6	umbilical arterial blood flow, 171
spontaneous abortion, see miscarriage	unplanned pregnancies, see under
squamous cell carcinoma	pregnancy
cervical cancer, 11, 15, 24–8, 103	urinary incontinence, 234–9
vulval, 46–50	urinary tract infections (UTIs), 178-9
sterilisation, 52–5	uterine contractions, stopping, 153–5
at time of caesarean section, 160	uterovaginal prolapse, 234-9
stillbirth, diabetic mothers and, 65-6	uterus, 31, see also endometrial
stress incontinence, 235–6, 238	
sub-fertility, see infertility	vaccines against HPV, 28, 49
suction curettage of the uterus, 53, 55	vacuum extraction, 184, 185, 186
after miscarriage, 228	vaginal atrophy, 21-2, 46, 218
molar pregnancy, 93	vaginal birth after caesarean section
surgical sterilisation, see sterilisation	(VBAC), 194
syphilis, 89	vaginal bleeding, see bleeding
	vaginal discharge, 105–9, 117–19
tape operation, for incontinence, 234, 238	vaginal examination, 5-6
teenagers	abdominal swelling, 82–3
acne, 39–42	acute abdominal pain, 214
dysmenorrhoea, 43–5	antenatal care, 58
herpes in pregnancy, 178–80	avoided in placenta praevia, 158
menorrhagia, 35–8	infertility, 76
ovarian cysts, 222-5	molar pregnancies, 91-2
privacy of, 35, 41-2, 222-3	not performed on virgins, 36, 44, 223
safe sex, 86-90	placental abruption, 183-4
small-for-dates babies, 206-10	prolapse and incontinence, 236
Term Breech Trial, 191	teenagers after unprotected sex, 87
termination of pregnancy (abortion), 52-5	venous thromboembolism (VTE), 203-4
acute pelvic infection, 213, 216	virgins, vaginal examination not performed
Down syndrome screening, 70	on, 36, 44, 223
legal requirements for, 52-3	vomiting, in pregnancy, 71, 187-9
threatened miscarriage, 227	von Willebrand's factor, screening for, 36-7
threatened preterm labour (TPL), 153	vulval cancer, 46-50
thrombophilia, 149, 203	vulval pruritis (itch), 46-50
thrush (candidiasis), 108	, m. m. p. m. m. (1001), 12 as
tiredness, postnatal depression and, 110	warfarin, in DVT, 203-4
tocolysis (stopping uterine contractions),	well-woman checks, 11-19
153-5	normal pregnancies, 56–63
topical destrogen, 21, 46, 237	postnatal, 20–3
tranexamic acid, 32	twin pregnancies, 68–73
transvaginal ultrasound scans (TVUSS), 58	trait pregnancies, 00-75
trichomoniasis, 89	Yuzpe method of emergency contraception,
	107
trophoblastic disease, 91-2	1V/