Index

Page numbers in italics refer to figures.

abbreviations, xiii–xv
abdominal examination, 5, 7–8, 60
abdominal pain, 213–16, 222–5
bleeding in early pregnancy, 226–9
ectopic pregnancies, 230–3
upper, during labour, 182
abdominal swelling, 81–5
abortion, induced, see termination of pregnancy
abortion, spontaneous, see miscarriage
ACE inhibitors, in pregnancy, 147
acetate, 39–42
acute pelvic infection, 213–16
adenocarcinomas, 103, 217–21
adolescents, see teenagers
amniocentesis, 70
amniotic fluid index (AFI), 62–3, 171
amphetamines, 207
anaemia, 36
analgesia, 215, 225
androgen excess, 39–42
antenatal care, 56–63, see also pregnancy
day pregnancy units, 149–50
shared care, 56, 58–9
antepartum haemorrhage, 157–61, 226–9
anti-D prophylaxis, 60, 62, 198, 201
antibiotics, 200–1, 215–16
anticoagulation, 203–4
anticonvulsants, 144–5
antidepressants, 113–14
antihypertensives, 142–3
anxiety
abnormal Pap smear reports, 24–6
climacteric and, 95, 98–9
appendicitis, vs acute pelvic infection, 216
arterial blood flow, 171
atrophic vaginitis, 21–2, 46, 218
'baby blues', 113
β-human chorionic gonadotrophin
(β-HCG) tests, 68, 93
betamethasone, 154
bimanual examination, 6–7, 31
birth, see labour
bladder habits, 235, 237
bleeding, see also postpartum haemorrhage
antepartum, 157–61, 226–9
ectopic pregnancy, 230–2
intermenstrual, 31
irregular, 97–8, 101–4
miscarriage vs pregnancy, 232
molar pregnancy, 91
postmenopausal, 217–21
blood coagulation, 36–7
blood pressure control, 142–3
blood sugar levels, 64–7, see also diabetes
breastfeeding (lactation), 111–12, 114
breasts
lumps in, 82–3
pain from mastitis, 195–6
breech presentation, 190–7, 193, 198–205
caesarean section
breech presentation, 191–6, 200–1, 204
calf compressors in, 200
diabetes and, 166–7
feelings of failure after, 110–11, 114–15
herpes in pregnancy, 178–80
placenta praevia, 159
placental abruption, 183
risks of, 167, 195
severe pre-eclampsia, 143–4
tubal ligation at time of, 160
calf compressors, 200, 202, 204
cancer, see cervical cancer; endometrial cancer; vulval cancer
Candida infection, 108
cannabis, 207
cardiotocographic (CTG) traces, 62–3
cases, see clinical cases
cervical cancer, 11, see also Pap smears
HPV and, 14–15, 17, 28
irregular bleeding, 101–4
Pap smear register, 17–18
smoking and, 102, 104
cervical ectopy (ectropion), 117–19
chronic hypertension, see essential hypertension
cigarette smoking
cervical cancer and, 102, 104
pregnancy and, 180, 206–10
clinacteric (approach to menopause), 95
clinical cases, xi
general practice, 11–120
obstetrics, 123–210
coagulation screens, 36–7
colposcopy, 25–6, 25
combined oral contraceptive pill (COCP), 12–13
depo-medroxyprogesterone acetate (DMPA), 23
decoating tracts, 62–3
drug use, recreational, 206–10
episiotomy, 131, 134, 135
epidurals, 125, 128, 129, 130
episiotomy, 131, 134, 135
erythromycin, 218
etiology, 115
examination, 81
essential hypertension and, 51–5
hormonal alternatives to COCP, 108
natural family planning, 72
postnatal checks, 20–3
teens, 86–90
while breastfeeding, 180
condemn, 191, 199–201
counselling
debriefing after unexpected events, 201–2
prior to sterilisation, 54
cystocele, 236
controversies, 206–10
cervical polyps, 117–19
cervical ectopy (ectropion), 117–19
childbirth, see labour
chlamydial infection, 213–16, 231
screening tests, 15, 87–9, 90
choriocarcinoma, 92
chorion villous sampling (CVS), 70
chromosomal defects, 170, 228
Down syndrome screening, 70, 71, 169–70, 173
delay in labour, see prolonged labour
delayed labour, see prolonged pregnancy
delivery, see also labour
as cure for pre-eclampsia, 140
options for place of, 56, 58–9, 190–7
twins, 174–5
vacuum extraction, 184, 185, 186
depression, postnatal, 110–15
dysmenorrhoea, 14, 43–5, 116
endometritis, 116
endometriosis, 116
ectopic pregnancies, 227, 230–3
edema, in pre-eclampsia, 140
emergency contraception, 106
endometrial ablation, 32–3
endometrial adenocarcinoma, 217–21
endometriosis, 116
endometritis, 96, 216
epidurals, 125, 128, 129, 130
episiotomy, 131, 134, 135
essential hypertension, 147
contraception and, 51–5
contrast medium, see also combined oral
contraceptive pill; condom use; IUCDs;
progestogen-only pill
emergency, 106
emergency contraception, 106
epidurals, 125, 128, 129, 130
episiotomy, 131, 134, 135
essential hypertension, 147
contraception and, 51–5
contraception, see also combined oral
contraceptive pill; condom use; IUCDs;
progestogen-only pill
emergency, 106
emergency contraception, 106
epidurals, 125, 128, 129, 130
episiotomy, 131, 134, 135
essential hypertension, 147
contraception and, 51–5
contraception, see also combined oral
contraceptive pill; condom use; IUCDs;
progestogen-only pill
emergency, 106
INDEX

pre-eclampsia and, 145, 148–50
et nogestrel implants, 22
examinations
adult gynaecological patients, 5–7
pregnant women, 7–8
expected date of delivery (EDD), 57
external cephalic version (ECV), 191–2, 194
fallopian tubes, 78–9
ectopic pregnancies in, 231–2
family history, in antenatal care, 57
family members, speaking for patients, 222
fertility, see infertility
fetal assessment
diabetic mothers, 65–6
growth, 165, 166
prolonged pregnancy, 62–3
fetal assessment
fetal bioelectrical signals (FBN) test, 153
fetal hydrops, 184
fetal lung maturation, 153–4
fetal monitoring
continuous CTG monitoring, 128–9, 132
intrauterine growth restriction, 148–50
placental abruption, 182–4
fetal nuchal translucency (FNT), 70, 170
fetal presentation and lie, 60, 61
breech, 190–7, 193, 194–205
occipito–posterior, 131
twins, 175
fever, 193–6, 202
fibroadenomas, 83–4
flushes, see hot flushes
folic acid (folate) supplementation, 37
forceps, in placental abruption, 186
fundal height, 60, 61
genital warts, see herpes genitalis
general practice, clinical cases in, 11–12
induced abortion, see termination of pregnancy
induction of labour, 62, 140, 141
diabetic mothers, 172
infections, mastitis, 195–6
incontinence, see urinary incontinence
insulin
in pregnancy, 166–7, 171–2
insulin resistance in PCOS, 40
HIV (human immunodeficiency virus), 89–90
home birth planned, 190–7
hormonal changes, see infertility; menopause; polycystic ovarian syndrome
hormone replacement therapy, 98–100
hot flushes, 95–100
HSV-2, 177–81
human chorionic gonadotrophin (β-HCG) tests, 68, 93
human papillomavirus (HPV) infection,
14–15, 17, 28
vaccines against, 28, 49
hydatidiform mole, 91–2
hydralazine, 142–3
hypertension, 71, 187–9
hypertensive disorders in pregnancy, 147–8,
see also essential hypertension; pre-eclampsia
hysterectomy, 33, 104, 238–9
hysterosalpingogram (HSG), 78–9
in-vitro fertilisation (IVF), 74, 79
intensive care, see critical care
insulin
induced abortion, see termination of pregnancy
induction of labour, 62, 140, 141
diabetic mothers, 172
infections, mastitis, 195–6
incontinence, see urinary incontinence
insulin
in pregnancy, 166–7, 171–2
insulin resistance in PCOS, 40

253
INDEX

 intercourse, see sexual intercourse
 intermenstrual bleeding, 31
 intraperitoneal haemorrhage, 232
 intrauterine contraceptive devices, see IUCDs
 intrauterine growth restriction (IUGR), 208–9
 invasive mole, 92
 iron supplementation, 37, 188–9
 irregular bleeding, 97–8, 101–4
 itching, vulval, 46–50
 IUCDs (intrauterine contraceptive devices), 23, 97
 as emergency contraception, 107
 for menstrual loss, 32
 removal of forgotten, 96–8
 IVF, 74, 79
 labour (childbirth), see also delivery;
 postnatal checks; pregnancy
 acceleration using oxytocin, 130, 130
 'big baby' expected, 125, 137
 delayed onset of, 62–3
 delivery of placenta, 133, 185–6
 infusion of, 62, 140, 141, 172
 preterm, 152–6, 177–81
 prolonged, 123–37
 lactation consultants, 111–12
 laparoscopy and laparotomy
 ectopic pregnancy, 231–2
 ovarian cyst removal, 84
 sterilisation, 52–4
 tubal patency assessment, 79
 large loop excision of the transformation
 zone (LLETZ), 25–6, 28
 legal requirements for induced abortion,
 52–3
 levonorgestrel contraception, 23, 106
 lichen sclerosus, 49–50
 lie of the fetus, see fetal presentation and lie
 lifestyle factors, 95, 98–100
 long labour, see prolonged labour
 'low-lying' placenta, 157–8
 low molecular weight heparin (LMWH), 203–4
 macroomia, 65–6
 magnesium sulphate, 144–5
 mastitis, 195–6
 MCQs, 240–50
 McRoberts' manoeuvre, 131, 133
 menopause, 95–100
 postmenopausal bleeding, 217–21
 menorrhagia (heavy periods), 29–34, 35–8
 menstrual cycles, see also dysmenorrhoea
 climacteric, 95–6
 irregular, 40, 42, 91
 methotrexate, 55
 in ectopic pregnancy, 232–3
 methyldopa, 148
 metoclopramide, 188–9
 midwife home birth planned, 190–7
 midtrimester, 55
 miscarriage (spontaneous abortion), 228–9
 distinguished from ectopic pregnancy, 232
 threatened, 227
 twins, 70–1
 misoprostol, 55
 molar pregnancies, 91–4
 monozygotic twins, 69
 moodiness, 95
 morning sickness, 71, 187
 multiple choice questions, 240–50
 multiple pregnancies, 68–73, 173–6
 Naegeli's rule, 57
 natural family planning, 72
 nausea, in pregnancy, 71, 187–8
 neonatal herpes, 178–80
 neonatal intensive care, 135
 nifedipine, 154–5
 NSAIDS, 32, 44
 obesity, 217–18
 obstetrics
 clinical cases, 123–210
 history taking, 3–4
 oedema, in pre-eclampsia, 140
 oncology, see cervical cancer; endometrial
 cancer; vulval cancer
 oral contraceptive pill, see combined oral
 contraceptive pill; progestogen-only pill
 ovarian cysts, 81–5, 222–5
 ovarian volume, 79
 overflow incontinence, 235
 ovulation, 75, 78
 oxytocin infusion
 to accelerate labour, 130, 130
 to contract uterus, 134
 pain, see abdominal pain; breast pain;
 dysmenorrhoea; pelvic pain
 pain relief in labour, see epidurals

254
Pap smears, 208, see also cervical cancer
abnormal reports, 24–8, 27
after hysterectomy, 239
cervical examination and, 102
procedure for taking, 17–18
tenagers, 87
terminology in reporting results of, 21
well-woman checks, 11–12, 14–15, 17–19
partograms, 125, 126–7
PCOS, 39–42
pelvis
causes of pelvic masses, 82, 84
chronic infection of, 231
pelvic floor strengthening, 237–9
pelvic inflammatory disease (PID), 213–16
penicillin prophylaxis for GBS, 199–201
perimenopause, 95–100
perineal tears, 134, 135
period pain (dysmenorrhea), 14, 43–5, 116
periods, see menstrual cycles
pessaries, ring, 237
physical examinations, see examinations
placenta
delivery of, 133, 185–6
'low-lying', 157–8
placenta accreta, 189
placenta praevia, 157–61, 195
placental abruption, 182–6
polycystic ovarian syndrome (PCOS), 39–42
postmenopausal bleeding, 217–21
postnatal checks, 20–3
postnatal depression, 110–15
postoperative pyrexia, 202
postpartum haemorrhage, 134, 136–7
placenta praevia, 160–1
placental abruption, 185–6
risk with twins, 175
postpartum pyrexia, 195–6
pre-eclampsia, 138–46, 148
essential hypertension and, 51–2, 148–50
pregnancy, 56–63, see also antenatal care;
conception; infertility; labour; twin pregnancies
abdominal palpation, 60, 61
antenatal haemorrhage, 157–61, 226–9
commercial tests for, 214
descent of the head, 60, 61
diabetes and, 64–7
expected date of delivery, 57
herpes in, 177–91
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
infections and, 177–81
primary dysmenorrhea, 14, 43–5, 116
problem-based learning (PBL), xi
progestogen-only pill (mini-pill), 20, 22–3, 108
progestogen-releasing IUCD, 32
premature, 234–9
prolonged labour, 123–37
prolonged pregnancy, 62–3
prostaglandin synthetase inhibitors, 44
prostaglandins, in period pain, 43–5
proteinuria (with hypertension), see pre-
eclampsia
pruritis vulvae, 46–50
psychiatric treatment for postnatal
depression, 113
psychological aspects of morning sickness, 187
pyrexia, 195–6, 202
recreational drug use in pregnancy, 206–10
rehydration, for morning sickness, 188
respiratory distress syndrome, 179
Rhesus antibody, anti-D prophylaxis, 60, 62, 198, 201
ring pessaries, 237
safe sex, 86–90, 108–9
salpingectomy, 231
screening tests, 16, 170, see also Down
syndrome screening; Pap smears
sexually transmitted infections, 87–90, 108
seizures, in pre-eclampsia, 141, 144
semen analysis, 77–8
sexual intercourse
discussing with minors, 35, 42, 223
emergency contraception, 106
infertility and, 74
safe sex, 86–90, 108–9
sexually transmitted infections, 105–9, see also chlamydia; herpes
acute pelvic infection, 213–16
screening tests, 87–90, 108
shared care card (patient hand-held record), 59, 123, 124, 138, 157, 190
shock, from miscarriage, 227–8
shoulder dystocia, 131, 133, 137
smoking
  cervical cancer and, 102, 104
during pregnancy, 180, 206–10
social workers, 180
unplanned pregnancies and, 188–9, 208–9
speculum examination, 6
spontaneous abortion, see miscarriage
squamous cell carcinoma
  cervical cancer, 11, 15, 24–8, 103
vulval, 46–50
sterilisation, 52–5
at time of caesarean section, 160
stillbirth, diabetic mothers and, 65–6
stress incontinence, 235–6, 238
sub-fertility, see infertility
suction curettage of the uterus, 53, 55
after miscarriage, 228
molar pregnancy, 93
surgical sterilisation, see sterilisation
syphilis, 89
tape operation, for incontinence, 234, 238
teenagers
  acne, 39–42
dysmenorrhoea, 43–5
herpes in pregnancy, 178–80
menorrhagia, 35–8
ovarian cysts, 222–5
privacy of, 35, 41–2, 222–3
safe sex, 86–90
small-for-dates babies, 206–10
Term Breech Trial, 191
termination of pregnancy (abortion), 52–5
acute pelvic infection, 213, 216
Down syndrome screening, 70
legal requirements for, 52–3
threatened miscarriage, 227
threatened preterm labour (TPL), 153
thrombophilia, 149, 203
thrush (candidiasis), 138
tiredness, postnatal depression and, 110
tocolysis (stopping uterine contractions), 153–5
topical oestrogen, 21, 46, 237
transaxamic acid, 32
transvaginal ultrasound scans (TVUSS), 58
trichomoniad, 89
trophoblastic disease, 91–2
tubal pregnancies, see ectopic pregnancies
tubal sterilisation, see sterilisation
tumour markers, for ovarian cancer, 83
twin pregnancies, 68–73, 173–6
ultrasound scans, 58, 60
diabetic mothers, 65–6
molar pregnancies, 92–3
twin pregnancies, 68–70
umbilical arterial blood flow, 171
unplanned pregnancies, see under pregnancy
urinary incontinence, 234–9
urinary tract infections (UTIs), 178–9
uterine contractions, stopping, 153–5
uterovaginal prolapse, 234–9
uterus, 31, see also endometrial...
vaccines against HPV, 28, 49
vacuum extraction, 184, 185, 186
vaginal atrophy, 21–2, 46, 218
vaginal birth after caesarean section (VBAC), 194
vaginal bleeding, see bleeding
vaginal discharge, 105–9, 117–19
vaginal examination, 5–6
abdominal swelling, 82–3
acute abdominal pain, 214
antenatal care, 58
avoided in placenta praevia, 158
infertility, 76
molar pregnancies, 91–2
not performed on virgins, 36, 44, 223
placental abruption, 183–4
prolapse and incontinence, 236
teenagers after unprotected sex, 87
verrucous thromboembolism (VTE), 203–4
virgins, vaginal examination not performed on, 36, 44, 223
vomiting, in pregnancy, 71, 187–9
von Willebrand's factor, screening for, 36–7
vulval cancer, 46–50
vulval pruritis (itch), 46–50
warfarin, in DVT, 203–4
well-woman checks, 11–19
normal pregnancies, 56–63
postnatal, 20–3
twin pregnancies, 68–73
Yuzpe method of emergency contraception, 107