

Contents

| | |
|--|-----|
| <i>Preface to the Second Edition</i> | v |
| <i>Preface to the First Edition</i> | vii |
| <i>Acknowledgments</i> | ix |

CHAPTER 1 Antenatal Procedures **1–16**

| | |
|------------------------------------|----|
| Antenatal Assessment | 1 |
| Antenatal Palpation | 4 |
| Antenatal Breast Examination | 8 |
| Urine Pregnancy Test | 10 |
| Urine Albumin Test | 12 |
| Urine Sugar Test | 14 |

CHAPTER 2 Intranatal Procedures **17–48**

| | |
|--|----|
| Per Vaginal Examination | 17 |
| Maintenance of Partograph | 20 |
| Conducting Normal Delivery | 25 |
| Delivery of Placenta | 28 |
| Examination of Placenta | 30 |
| Assisting with Episiotomy and Suturing | 33 |
| Assisting with Lower Segment Cesarean Section | 36 |
| Assisting with Forceps/Vacuum Delivery | 40 |
| Assisting with Medical Termination of Pregnancy/Dilation and Curettage | 45 |

CHAPTER 3 Postnatal Procedures **49–62**

| | |
|--|----|
| Postnatal Assessment of the Mother | 49 |
| Breast Care | 53 |
| Manual Expression of Breast Milk | 55 |
| Sitz Bath | 58 |
| Perineal Care/Episiotomy Care | 60 |

CHAPTER 4 Neonatal Procedures 63–77

| | |
|------------------------------|----|
| Immediate Newborn Care | 63 |
| Newborn Assessment | 67 |
| Eye Care | 71 |
| Umbilical Cord Care | 72 |
| Mouth Care | 74 |
| Care of Buttocks | 75 |

CHAPTER 5 Gynecological Procedures 79–91

| | |
|---|----|
| Assisting with Copper T Insertion and Removal | 79 |
| Assisting with Pap Smear | 82 |
| Insertion of Pessary | 85 |
| Nonapplicator Tampon Insertion | 86 |
| Insertion of Suppositories | 89 |

CHAPTER 6 Instruments 93–110

| | |
|---|-----|
| Speculum | 93 |
| Anterior Vaginal Wall Retractor | 95 |
| Episiotomy Scissors | 95 |
| Towel Clip | 96 |
| Blake’s Uterine Curette | 97 |
| Placenta Curette | 97 |
| Simpson’s Uterine Sound | 98 |
| Dittel Bladder Sound | 98 |
| Babcock Forceps | 99 |
| Cervical Dilators (Hegars/Fentons Dilators) | 100 |
| Green Armytage Forceps | 100 |
| Needle Holder | 101 |
| Ovum Forceps | 102 |
| Kocher’s Forceps | 102 |
| Ayre’s Spatula | 103 |
| Obstetrical Forceps | 103 |
| Vacuum Extractor | 104 |
| Fetoscope | 105 |
| Doyen’s Retractor | 105 |
| Vulsellum | 106 |
| Allis Forceps | 107 |
| Cord Clamp | 108 |
| Mucus Sucker | 108 |

| | |
|---------------------------------|-----|
| Shirodkar Forceps | 109 |
| Bonney's Myomectomy Clamp | 109 |
| Cord Cutting Scissors | 110 |

CHAPTER 7 Health Advices **111–128**

| | |
|--|-----|
| Antenatal Advices | 111 |
| Antenatal Diet | 112 |
| Exercises During Pregnancy | 112 |
| Daily Fetal Kick Monitoring | 115 |
| Preparation for Labor and Delivery | 116 |
| Postnatal Advices | 116 |
| Family Planning Advices | 118 |
| Postnatal Exercises Advices | 122 |
| Breastfeeding Techniques Advices | 124 |
| Kangaroo Mother Care | 125 |
| Teaching Self-Breast Examination | 126 |

CHAPTER 8 Drugs Used in Obstetrics **129–195**

| | |
|-------------------------|-----|
| Oxytocin | 129 |
| Methergine | 130 |
| Epidocin | 131 |
| Drotin | 132 |
| Cabergoline | 133 |
| Heparin | 134 |
| Warfarin | 136 |
| Vitamin K | 138 |
| Rhogam | 139 |
| Cefuroxime | 141 |
| Metronidazole | 143 |
| Fluconazole | 146 |
| Nifedipine | 147 |
| Methyldopa | 149 |
| Magnesium Sulfate | 150 |
| Rantac | 151 |
| Ondansetron | 152 |
| Omeprazole | 154 |
| Dulcolax | 155 |
| Lasix | 156 |
| Insulin | 158 |

| | |
|---------------------------------|-----|
| Metformin | 159 |
| Acetaminophen | 160 |
| Diclofenac | 162 |
| Lignocaine | 163 |
| Phenytoin | 165 |
| Pentazocine | 167 |
| Iron Sucrose | 168 |
| Iron Sorbitol | 170 |
| Calcium | 171 |
| Folic Acid | 173 |
| Pyridoxine | 174 |
| Mifepristone | 176 |
| Carboprost | 177 |
| Progesterone | 179 |
| Diazepam | 180 |
| Indomethacin | 183 |
| Salbutamol | 184 |
| Terbutaline | 185 |
| Lamivudine | 186 |
| Nonethisterone | 188 |
| Tetanus Toxoid | 190 |
| Cerviprime (Dinoprostone) | 191 |
| Ferrous Sulfate | 192 |
| Betamethasone | 193 |
| Duvadilan | 194 |

Annexures

197–198

| | |
|---|-----|
| Annexure I: Bishop Score to Assess Cervical Favorability | 197 |
| Annexure II: REEDA Scale | 197 |
| Annexure III: APGAR Scoring System | 197 |
| Annexure IV: LATCH Score | 198 |

Practice Partograph

199–201