Measuring Symphyseal Fundal Height

1. Ask the mother to empty her bladder and lie on an examination couch.
2. Use a tape measure with the numbers facing down.
3. Carefully find the top of the uterus (try not to include a layer of sub-cutaneous fat) and measure to the top of the symphysis pubis.
4. Plot the results on a chart.

If possible, you could give the woman a tape measure and teach her how to measure her uterus. This will make her feel more involved and she may notice if her uterus is not growing as expected.