

The size of the uterus by weeks of pregnancy – indicators of the norm in the table and the causes of deviations

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From the moment of conception to birth, the size of the fetus gradually increases. The observed growth of the uterus by weeks of pregnancy is a normal physiological process. According to the dynamics of this indicator, an experienced

gynecologist monitors the features of changes in the state of the mother and the development of the embryo, can notice the complications or pathologies in time, and take measures to eliminate them. Measurements are made and recorded by a doctor at regular scheduled examinations, from the second trimester a woman can perform them herself, at home.

What is the size of the uterus by week of pregnancy

The size of the uterus in nulliparous women averages from 4.5 to 7 cm in length and from 4.5 to 6.5 cm in width, thickness – 3.5-4 cm. Individual parameters can deviate from the physiological norm by 2-3 see. After pregnancy and implantation of the embryo begins an increase in the body (under the influence of fetal growth), lasting until the last prenatal weeks. By birth, the size of the uterus reaches 33-40 cm.

By changing the location of the uterus and its growth parameters, an experienced specialist can determine the gestational age, the nuances of its course, and features of the development of the fetus. To track the dynamics of organ enlargement, at each scheduled examination, the gynecologist measures the volume of the abdomen, the width of the pelvis. With the beginning of the second trimester, an indicator of the height of the uterine fundus (VVD or VDM) is introduced.

The height of the uterine fundus according to the weeks of pregnancy is the distance between the pubic symphysis and the highest point of the organ, measured with a standard centimeter tape. On average, this indicator corresponds to the period – from 8-9 cm at the eighth to ninth week, up to 35-40 cm – at the fortieth. Deviations can indicate a multiple pregnancy (with increased values) or pathologies (incorrect position of the fetus, developmental slowdown, oligohydramnios). The method of such diagnostics is indicative only in dynamics, single measurements are not informative..

Features of uterine changes during pregnancy

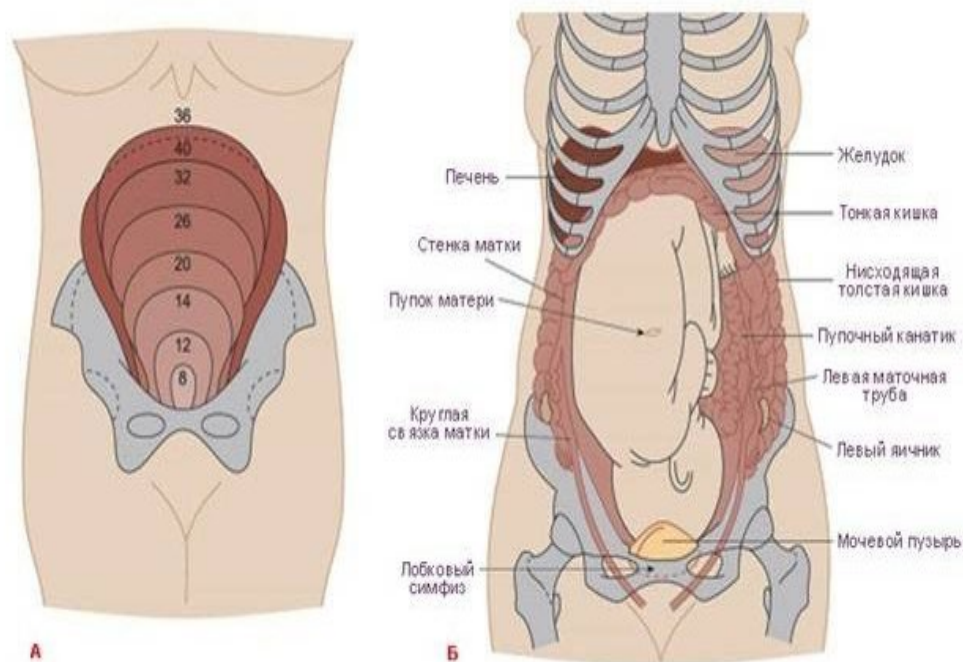
The process of organ enlargement is gradual, measured, therefore, normally it does not give a woman uncomfortable sensations. Drawing pains, other unpleasant symptoms occur against the background of sprains or the formation of adhesions with polyhydramnios, multiple pregnancies or due to scars after previous surgery. The size of the uterus depends on the trimester and varies as follows:

1. First trimester. The uterus is located behind the pelvic bone, its shape resembles a pear. At the sixth week, the size of the organ reaches the volume of a chicken egg, at the eighth – a goose. By the end of the trimester, the uterus acquires a round shape, increases three times from the initial value.
2. Second trimester. The organ is centered in the pelvic region, acquires symmetry, begins to be felt through the abdominal wall, as it leaves the pubic bone.
3. Third trimester. The organ again takes the form of an egg, stretching to the bottom. The uterine cavity increases by 500 times compared with the beginning of pregnancy, the weight of the organ on average varies from 50 g to a kilogram (muscle fibers become longer, thicken, and the vascular network develops).



The height of the standing of the bottom of the uterus increases weekly in each trimester in parallel with the development of the fetus. It goes through the following main stages:

- 8-9 week obstetric period – the average volume of the organ corresponds to a goose egg, it is not felt through the abdominal wall.
- 10-13 – the organ rises above the pubic bone; the activity of the functions of the placental system increases, the corpus luteum gradually disappears. The vascular system develops in the fetus, it begins to make the first movements. VDM – about 11 cm.
- 14-16 – completion of the formation of the internal organs of the embryo. The uterus reaches a size of 14-15 cm. At week 16, the position of the height of the bottom reaches the middle between the navel and the top of the pubic bone.
- 17-19 – the fetus forms an immune system, limbs, cerebellum. Organ increases in size to 19-20 cm.
- 20 weeks and further – the gap between the bottom of the uterus and the pubis reaches 21 cm, then this figure increases by an average of 1 cm per week. VDM is approximately two fingers below the belly button.
- 23-24 – the weight of the fetus reaches 0.6 kg or more, it develops muscles and bones, the respiratory system is formed. VDM – 24 cm.
- 28 – VDM about 28 cm, located 2-3 cm above the navel.
- 29-30 – the size of the organ reaches 31-32 cm.
- 32 – the uterus is located in the center between the navel and the xiphoid process of the sternum, VDM – about 34 cm.
- 38 – a gradual lowering of the organ begins, accompanied by strong pressure on the diaphragm and stomach.
- 40 – the size of the uterus is from 32-34 to 40 cm, depending on the physiological characteristics of the mother's body, the size of the fetus, and a number of other factors.



Uterus Size Chart by Week

The indicators of the height of the standing of the bottom and the size of the uterus are physiological, so deviations from the fixed norms within 2-3 cm in most cases arise due to the characteristics of the mother's body and the individual nuances of the course of pregnancy. The dynamics of changes in the size and position of the body in accordance with different periods are presented in the table:

Pregnancy, weeks	VDM, cm
8-9	8-9
10-11	10
12-13	10-11

14-15	12-13
16-17	14-19
18-19	16-20
20-21	18-24
22-23	20-25
24-25	22-27
26-27	25-29
28-29	26-31
30-31	29-32
32-33	30-33
34-35	30-33
36-37	32-37
38-39	35-38
40-41	32-37

Until about 16 weeks, it is difficult to determine the location of the uterine fundus because the organ is covered by the pubic bone. From week 20, the bottom is well felt through the abdominal wall in the presence of a small layer of fat. From 24 weeks, the

height of the bottom is in the navel, then, until the prenatal weeks, including them, the depth of the bottom of the uterus and the organ itself are perfectly felt through the abdominal wall. In parallel with the increase in the size of the organ itself, a slight decrease in the length of its neck.

Deviations from the norm

The location of the uterus by weeks of pregnancy and its size with normal growth and development of the fetus change at approximately the same rate in all women. If the doctor fixes in the dynamics of deviations from the average normal values (taking into account the physiological individual characteristics of the mother) up or down, he appoints a number of additional examinations in order to timely prevent the development of dangerous complications.

The indicators are less than normal

When changes in the size of the uterus by weeks of pregnancy deviate from the norm to a smaller side, doctors, depending on the timing, prescribe a number of additional diagnostic examinations (for example, ultrasound). Such indicators may indicate an inaccurate determination of the term, lean physique of the mother. Ultrasound also helps to identify possible pathologies that threaten intrauterine malformations and abnormalities of the fetus:

- Up to 13-14 weeks, reduced organ sizes may be evidence of an ectopic pregnancy.
- In the second trimester, low rates of organ enlargement may indicate fetal growth retardation (hypotrophy), oligohydramnios, placental insufficiency (due to infectious diseases of the mother), gestosis.
- In later stages, a reduced VDM is associated with transverse presentation of the fetus, sometimes this is observed with a wide pelvis of the mother.



Above norm

Sometimes the size of the uterus by weeks of pregnancy changes faster than the fixed norms. Increased indicators may indicate the following phenomena and pathologies:

- multiple pregnancy;
- chorionepithelioma (a placental tissue tumor that threatens the life of the fetus and the health of the mother);
- polyhydramnios against the background of the Rh conflict of the organisms of the mother and fetus, diabetes mellitus, acute or chronic infections;
- large fetal size.

How to independently determine VDM

A woman can independently measure VDM during pregnancy, starting from the second trimester, when the organ rises above the pubic bone, and its bottom can be felt through

the abdominal cavity. The measurement procedure is as follows:

1. Empty the bladder before measuring.
2. Measure in supine position with legs extended.
3. Before starting the measurement, find the end point of the organ (the location of its bottom). To do this, with the fingers of both hands, guide along the midline of the abdomen, moving upwards from the pubic bone. In a place where the density becomes softer and the bottom of the organ will be.
4. The distance between this point and the start point of the measurement (the top of the pubic bone) is an indicator of VDM. Fix it with a centimeter tape.

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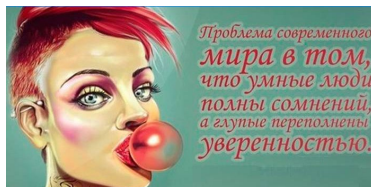


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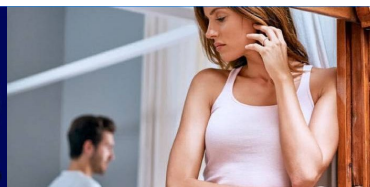
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