

The logo for CLEAR (Cervical Length Education & Review) features the word "clear" in a lowercase, sans-serif font. Each letter is a different color: 'c' is purple, 'l' is orange, 'e' is green, 'a' is blue, and 'r' is dark blue.

Cervical Length Education & Review

How to Measure the Cervix

Cervical length: technique

BOX 1

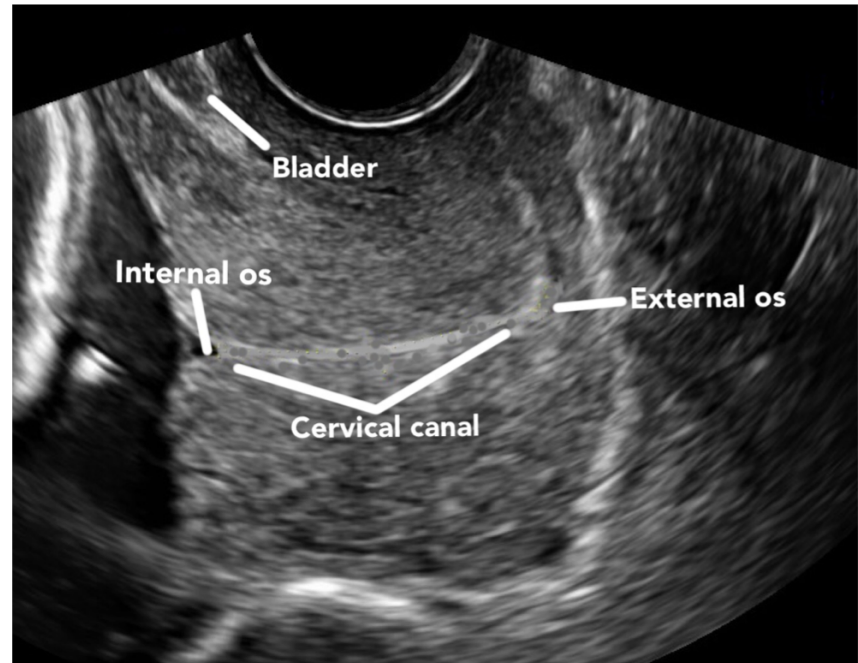
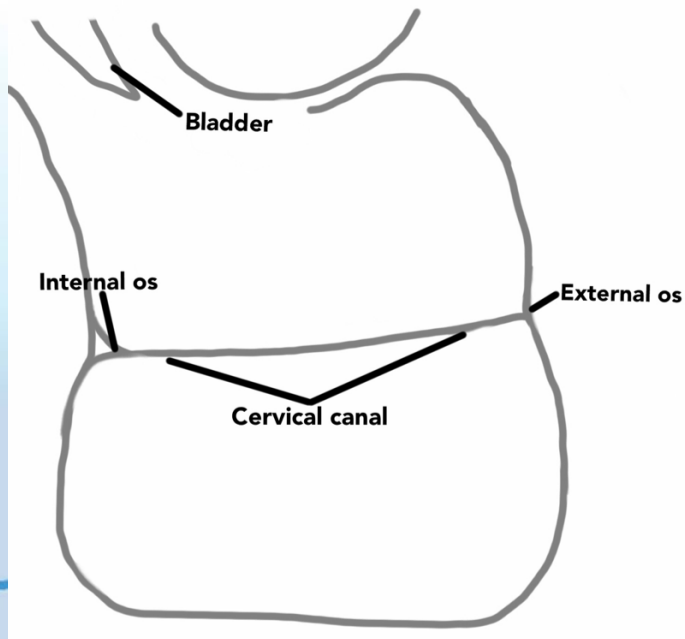
Steps for proper cervical length measurement

- (1) Ensure patient has emptied her bladder.
- (2) Prepare the cleaned probe using a probe cover.
- (3) Gently insert the probe into the patient's vagina.
- (4) Guide the probe into the anterior fornix.
- (5) Obtain a sagittal, long-axis image of the entire cervix.
- (6) Remove the probe until the image blurs and then reinsert gently until the image clears (this ensures you are not using excessive pressure).
- (7) Enlarge the image so that the cervix occupies two thirds of the screen.
- (8) Ensure both the internal and external os are seen clearly.
- (9) Measure the cervical length along the endocervical canal between the internal and external os.
- (10) Repeat this process twice to obtain 3 sets of images/measurements.
- (11) Use the shortest best measurement.

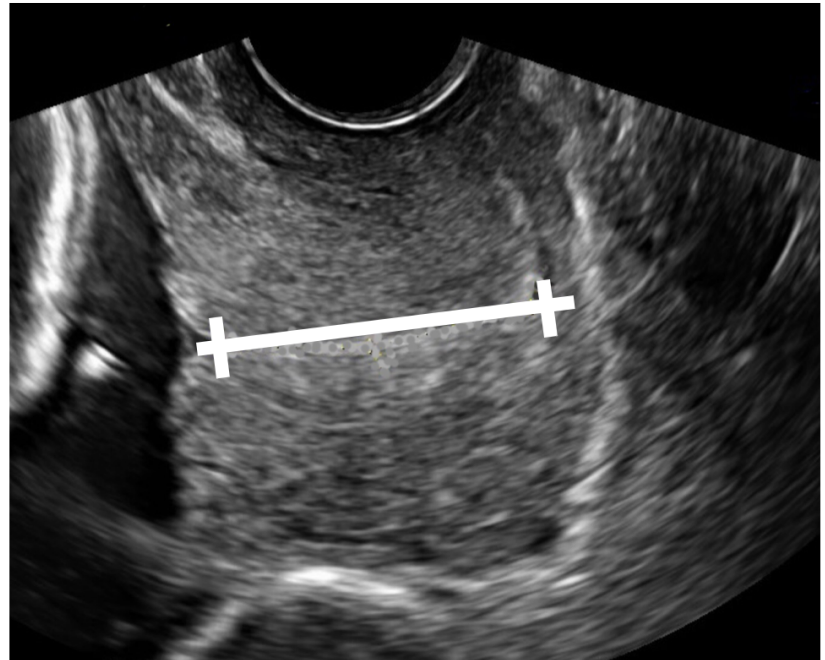
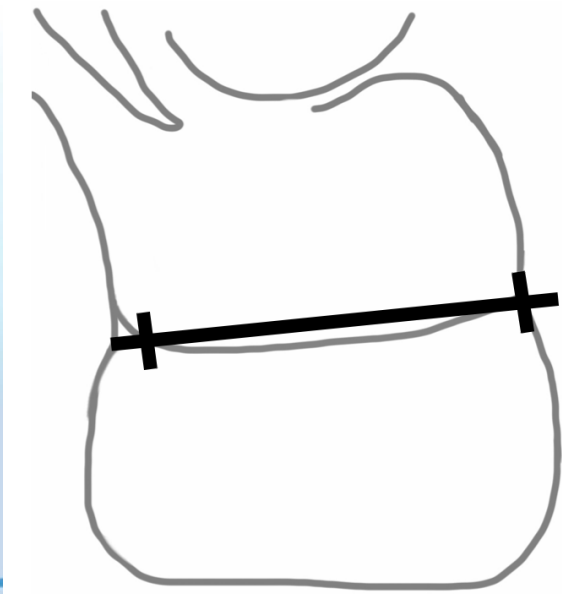
Cervical Length Education and Review (www.perinatalquality.org/CLEAR), a program of training and certification, is offered through the Perinatal Quality Foundation.

SMFM. Role of routine cervical length screening for preterm birth prevention. Am J Obstet Gynecol 2016.

Cervical length: anatomy

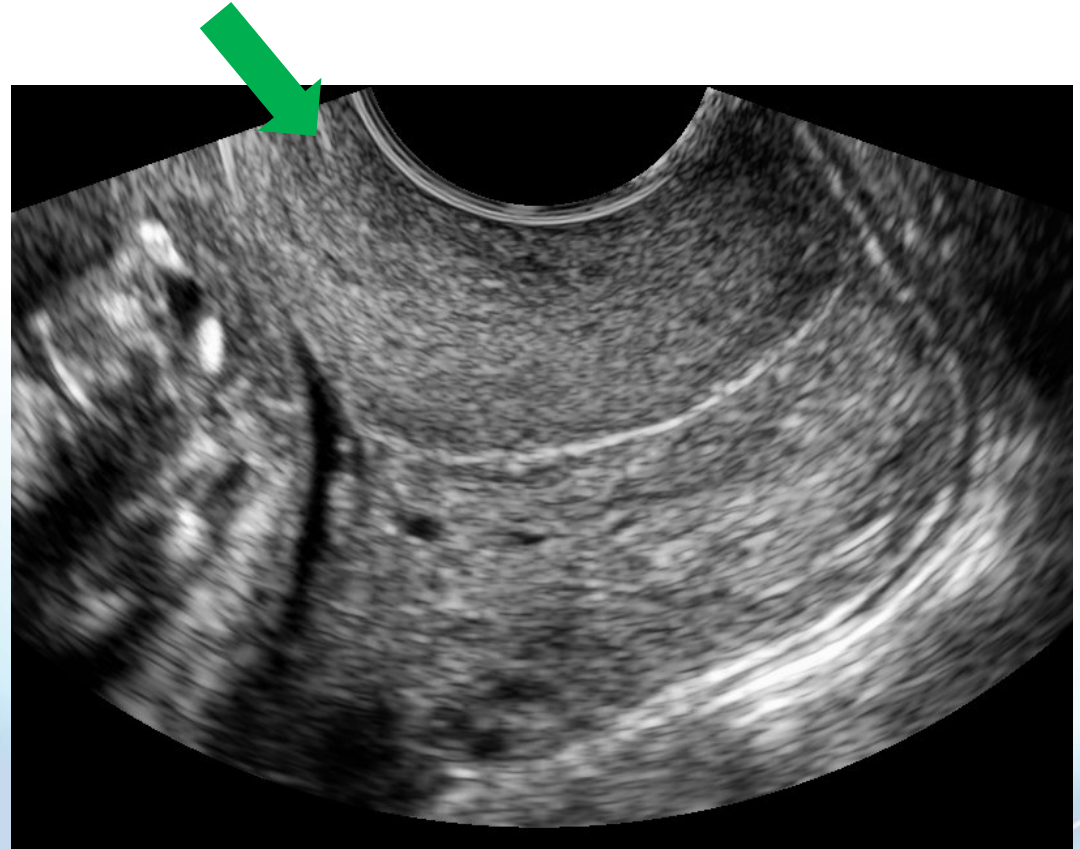


Cervical length: caliper placement



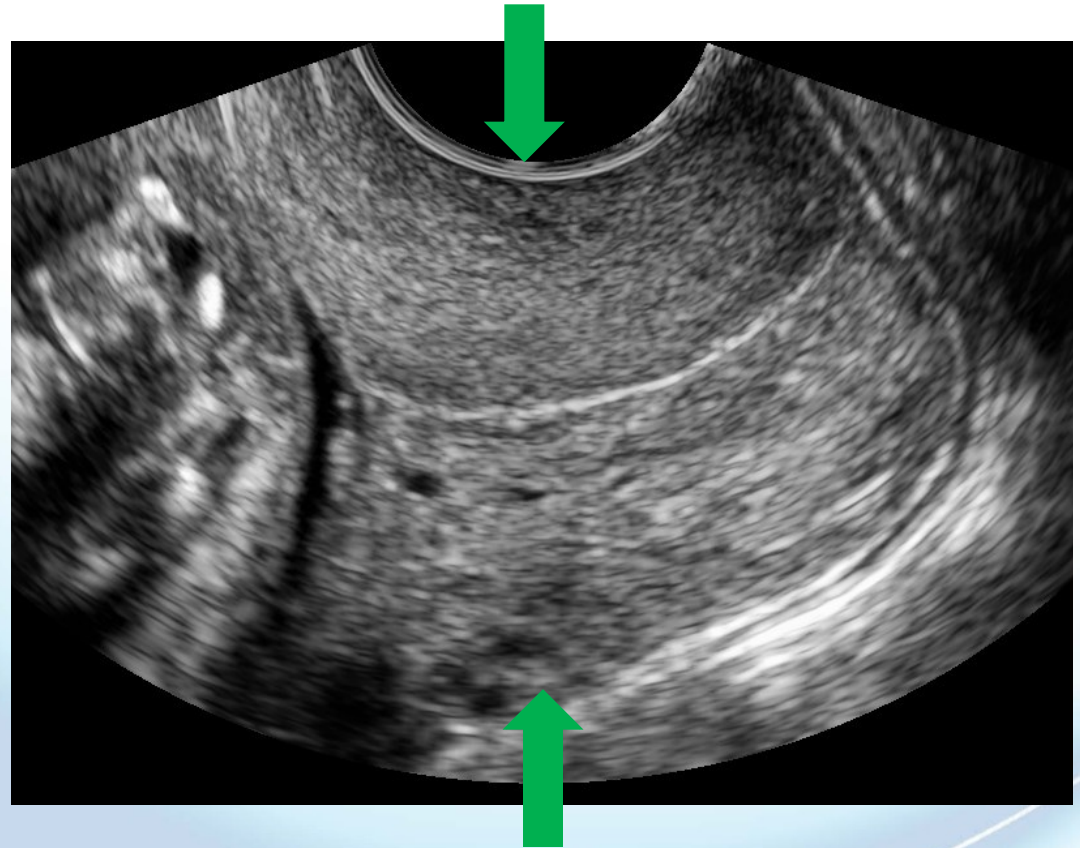
Cervical length: image criteria

- Bladder empty



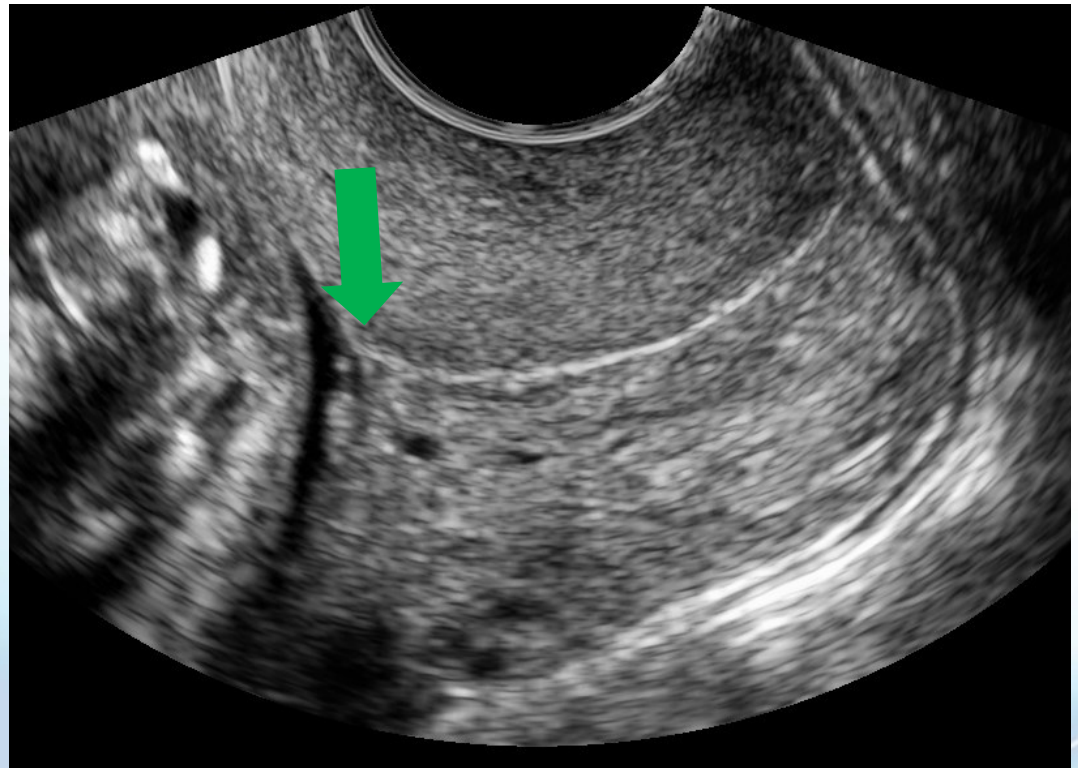
Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior



Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior
- Internal os seen



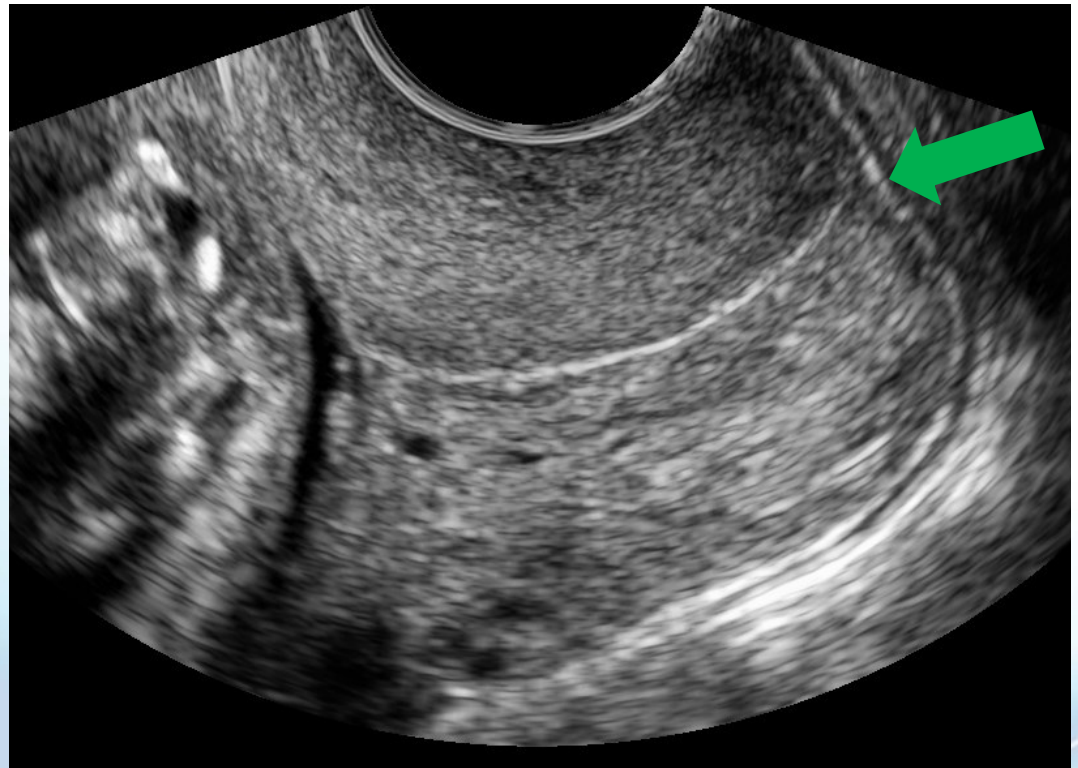
Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior width
- Internal os seen
- External os seen



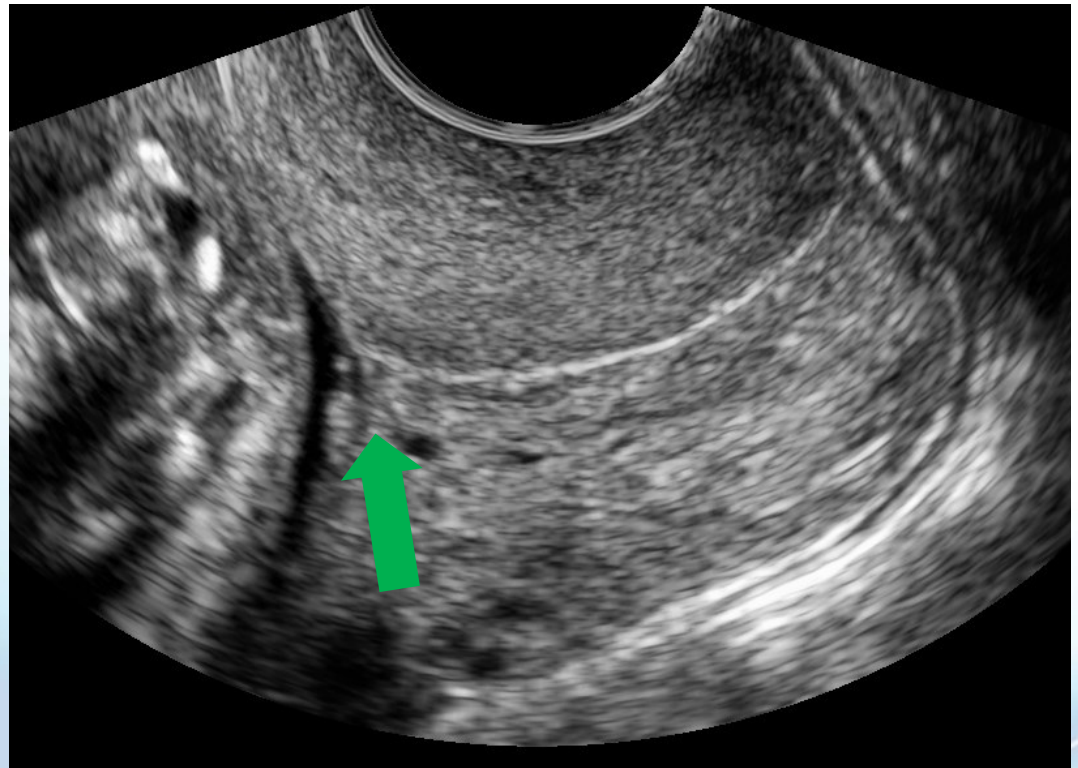
Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior width
- Internal os seen
- External os seen
 - (& not confused with vaginal wall)



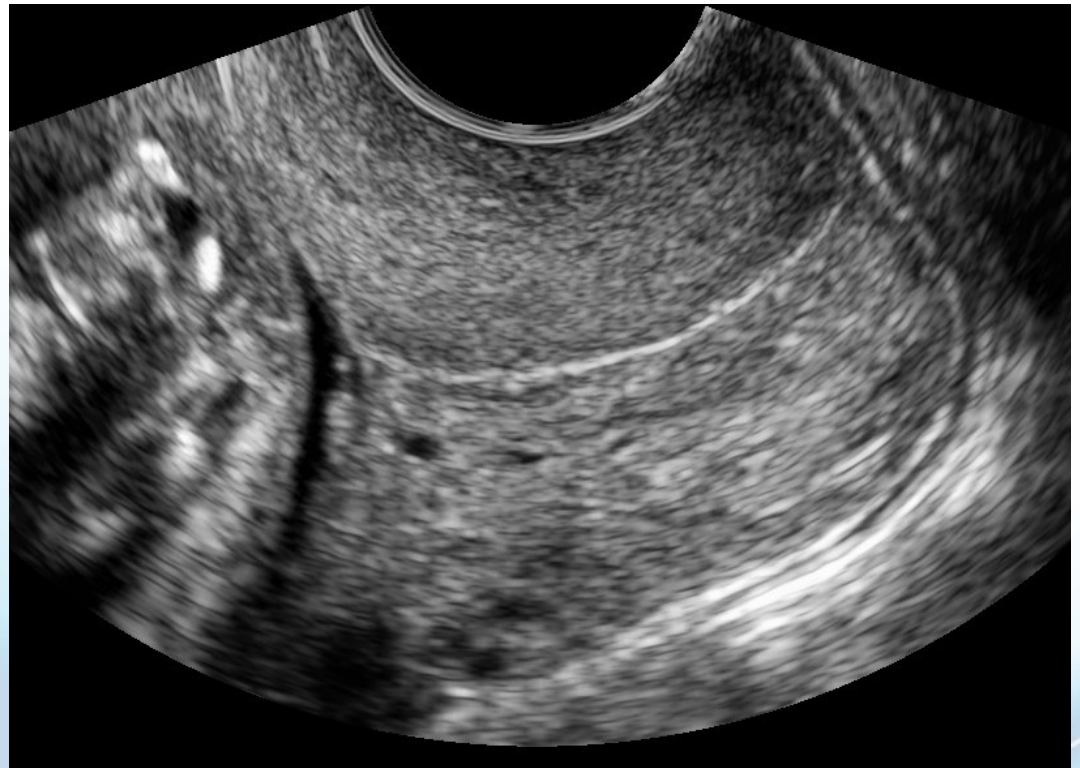
Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior
- Internal os seen
- External os seen
- Canal seen



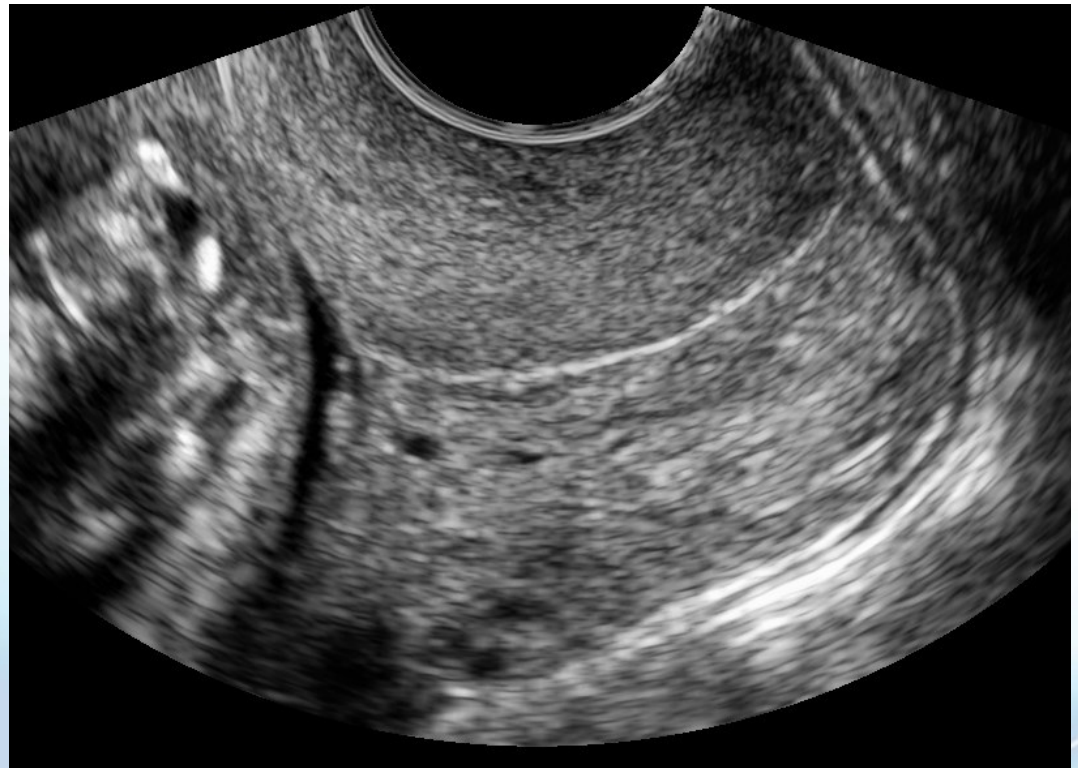
Cervical length: image criteria

- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior
- Internal os seen
- External os seen
- Canal seen
- Dynamic potential assessed



Cervical length: image criteria

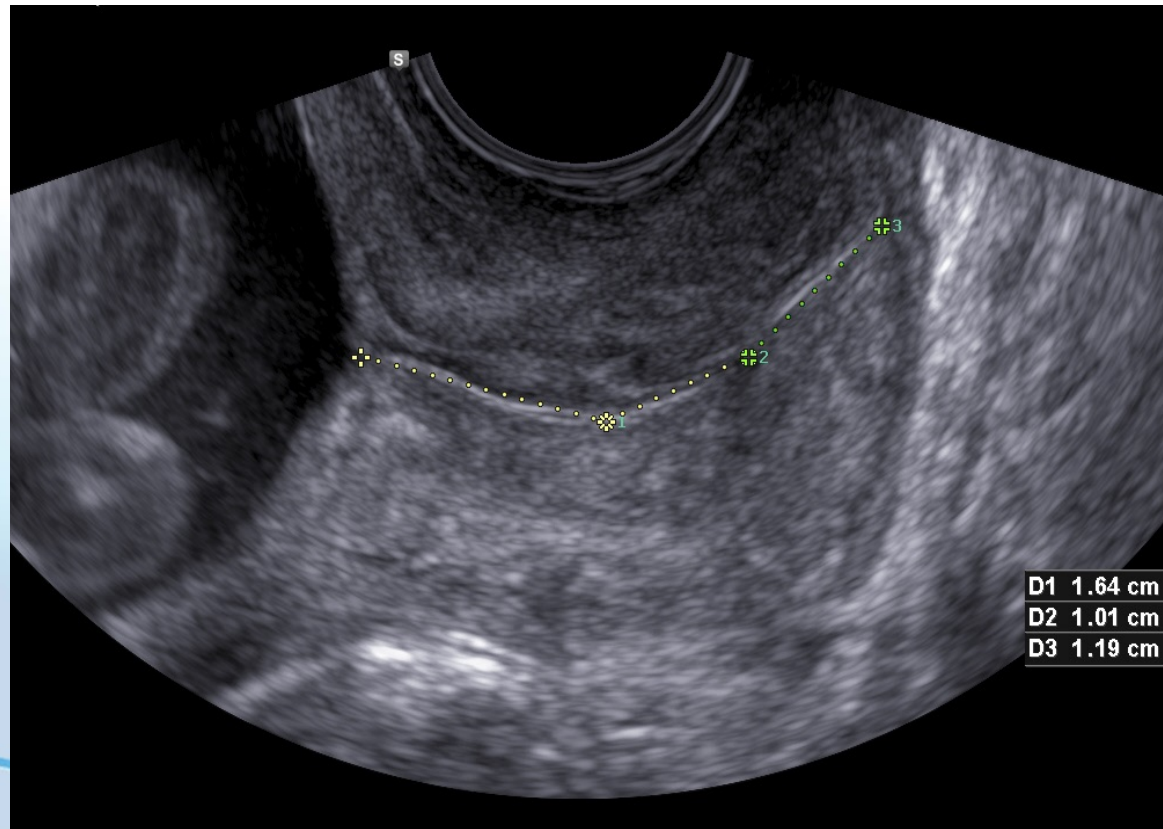
- Bladder empty
- Image optimized
 - Cervix fills 2/3
 - Anterior=posterior
- Internal os seen
- External os seen
- Canal seen
- Dynamic potential assessed



Special Cases

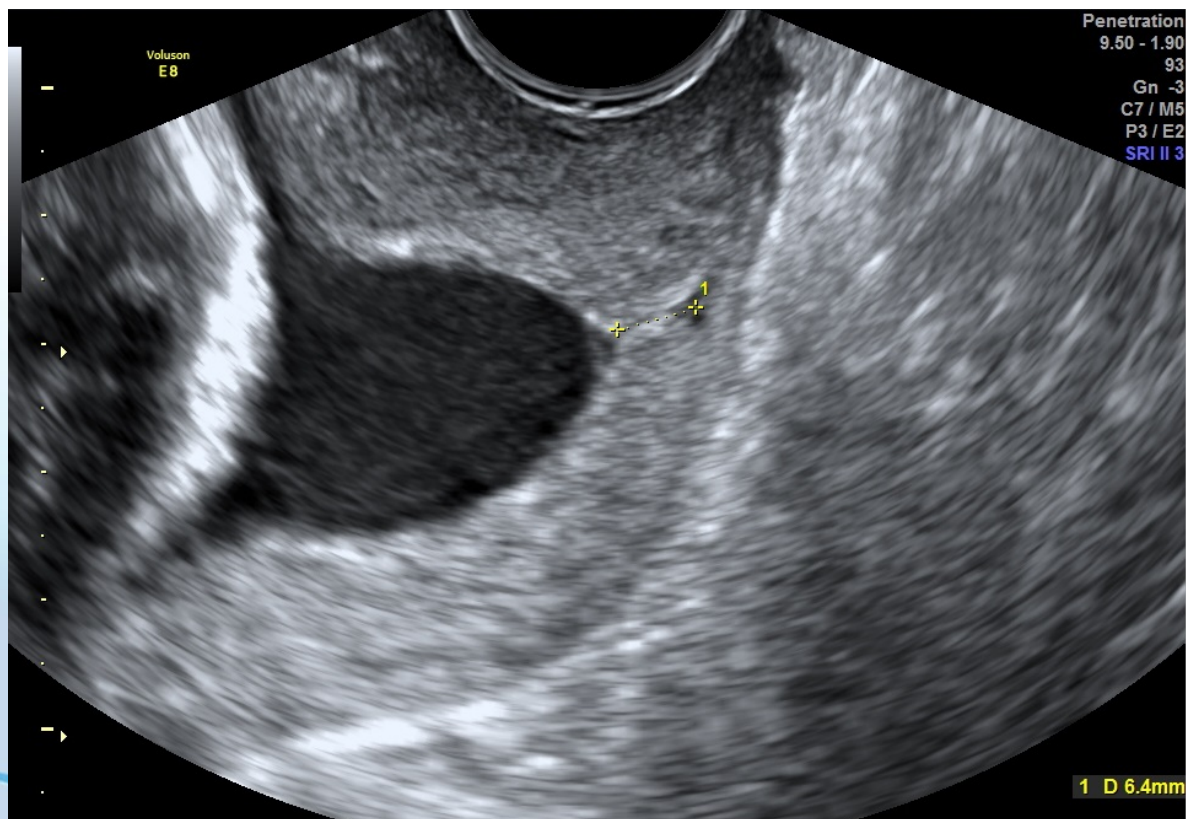
The background of the slide features a series of smooth, flowing, wavy lines in various shades of blue, creating a sense of movement and depth. The lines are layered, with some appearing more prominent than others, and they curve across the bottom half of the image.

Curved



- Consider measuring in 2 or 3 straight lines

Funneling

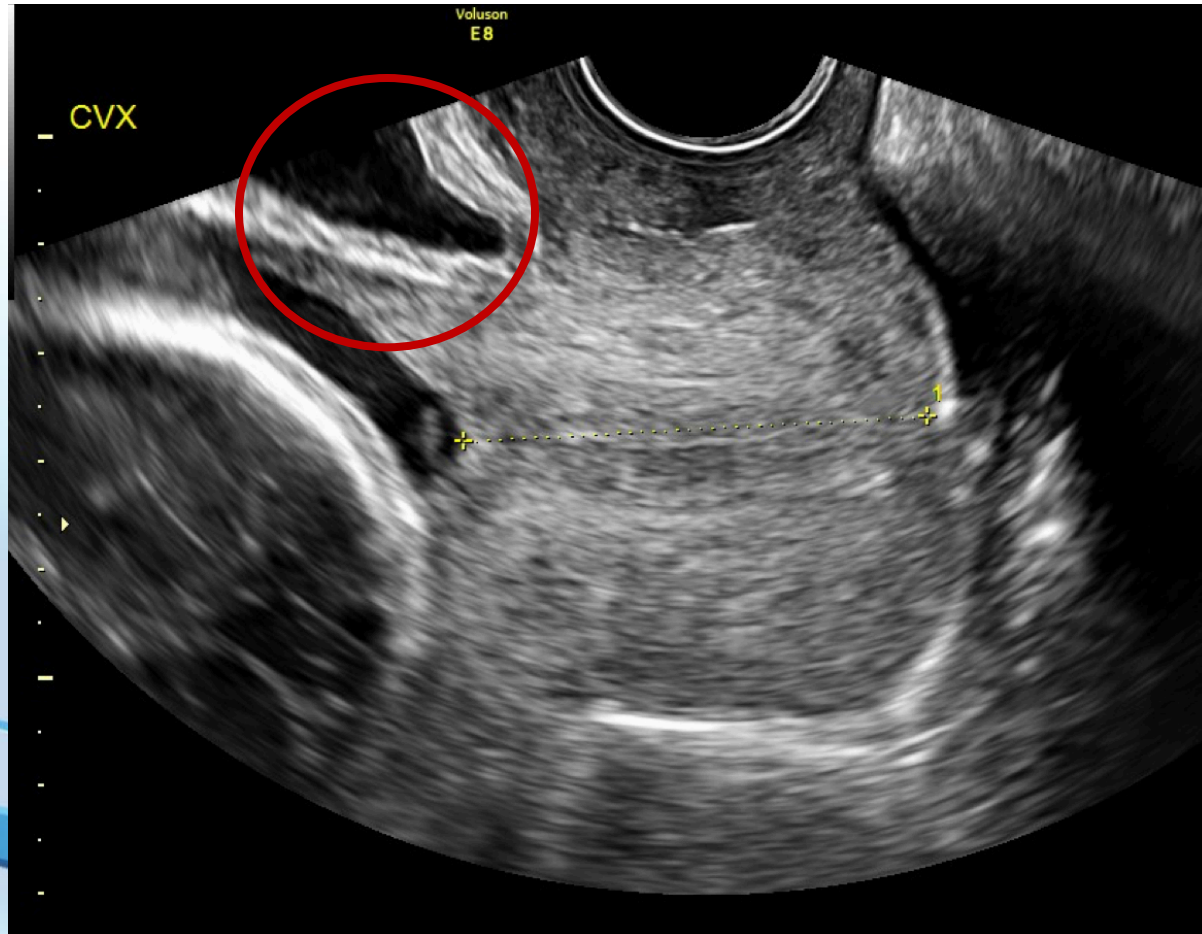


- Measure residual cervix (after dynamic potential assessed)

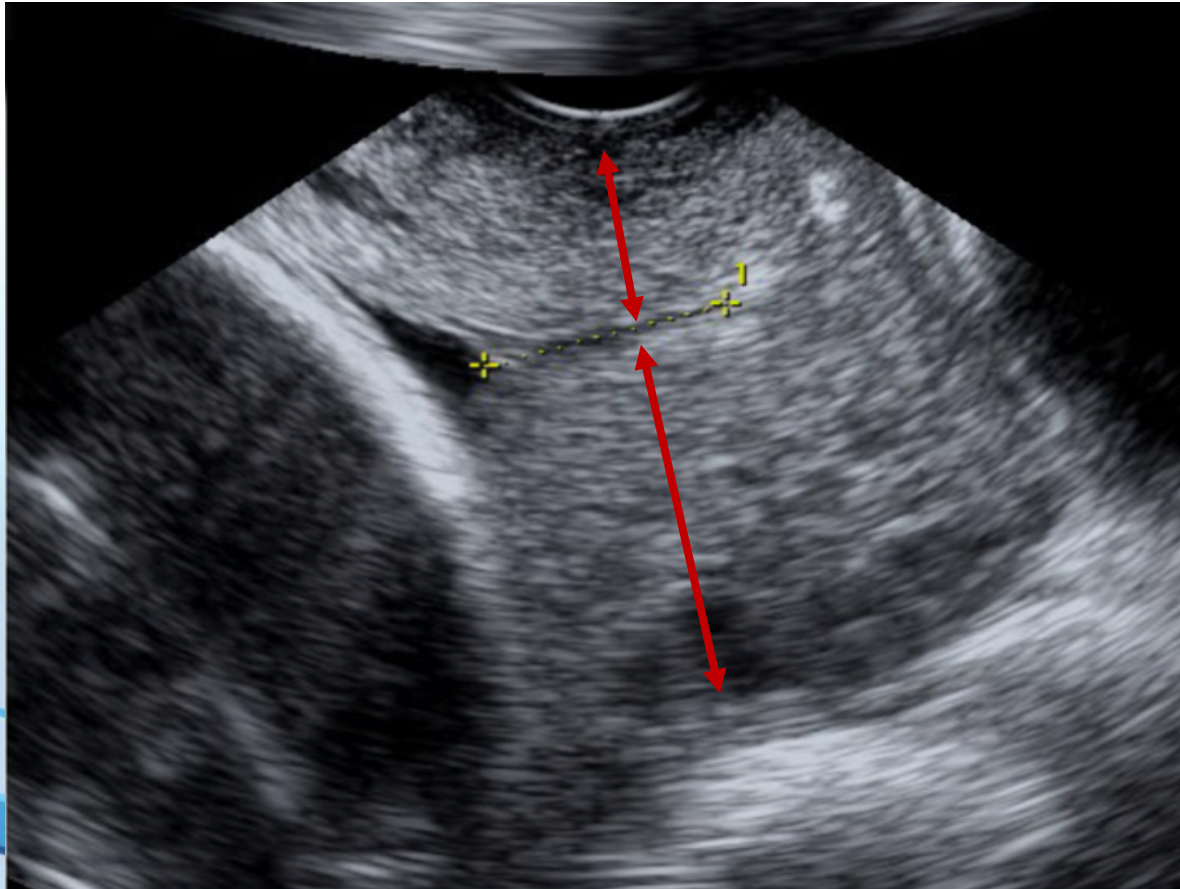
Common Mistakes

The background of the slide features a series of smooth, flowing, wavy lines in various shades of blue, creating a sense of movement and depth. The lines are layered, with some appearing more prominent than others, and they sweep across the bottom half of the image.

Bladder full



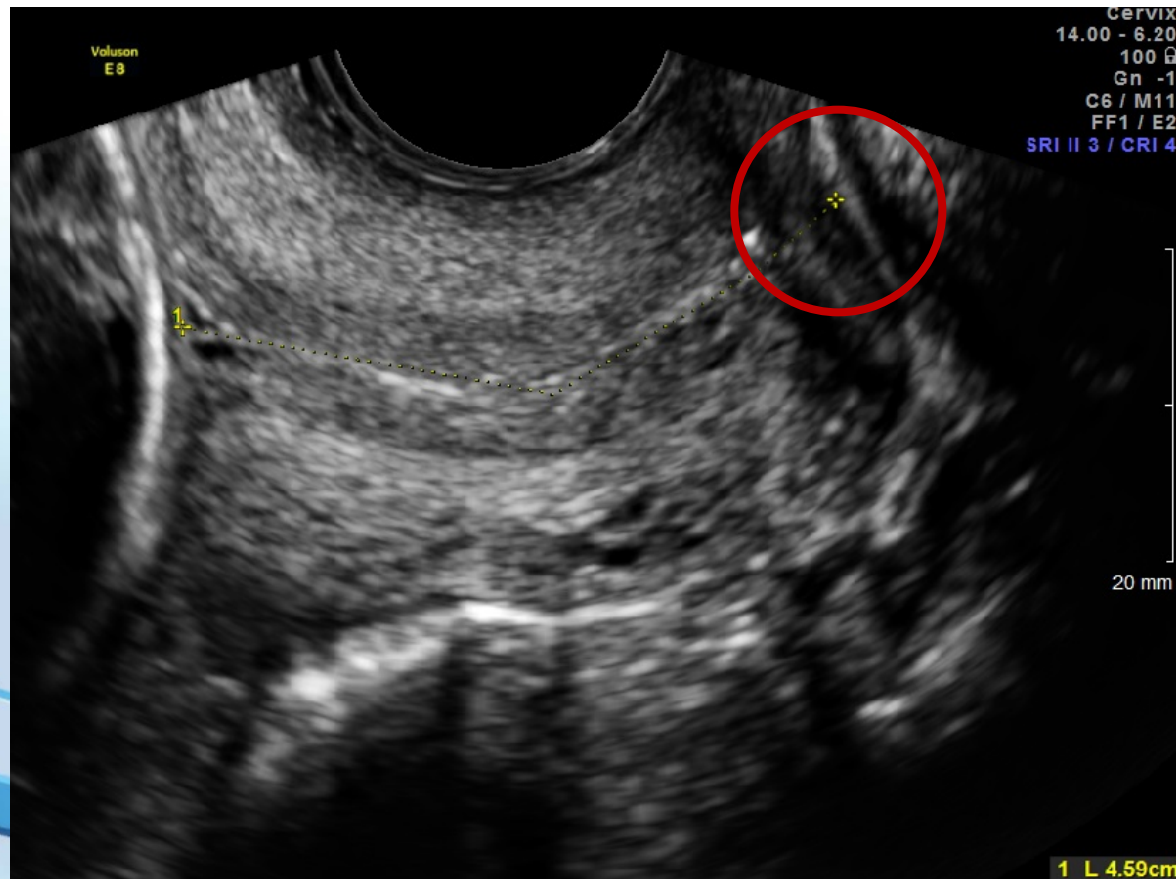
Too much pressure



Lower uterine segment contraction



Vaginal wall confused with external os



Cervical length: review

BOX 1

Steps for proper cervical length measurement

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clear

Cervical Length Education & Review

Thank you



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QUALITY
.org



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FetalMonitoringCredentialing

NTQR
NUCHAL TRANSLUCENCY
QUALITY REVIEW PROGRAM

clear
Cervical Length Education & Review