

Determining LMP and EDD

When pregnancy is diagnosed, you should help the pregnant woman in calculating the probable date when she is likely to deliver.

Steps to find the EDD

- Find out from the woman the date of the first day of her LMP.
- Then count nine months after that date.
- Add seven days to that date.

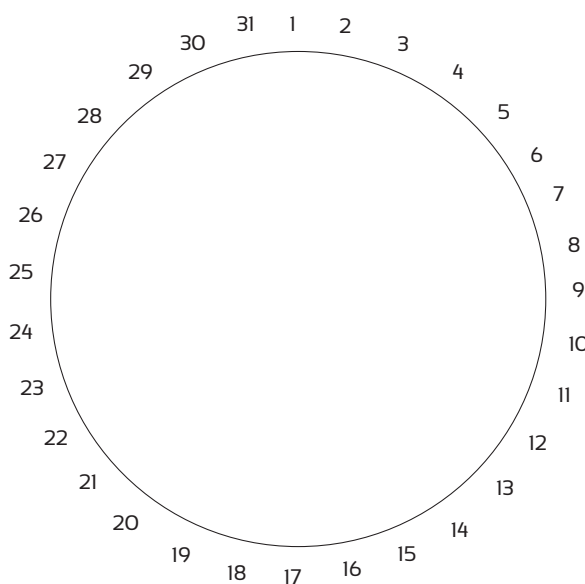
For example,

If the first day of the LMP is:	10th Dec. 2009
Nine months later is:	10th Sept. 2010
Adding seven days is:	17th Sept. 2010
Therefore, the expected date of delivery is	17th September 2010

Note: This method only gives an approximate date of delivery, and baby may be born anytime during 15 days before or after the EDD.

The Circle Aid for Determining Last Menstrual Period (LMP) and Expected Date of Delivery (EDD)

This picture drawn beside helps you in estimating the date of delivery.



The Measuring Strip to Determine Change in Year

