

Pregnancy Checkup Report

Patient Details:

Patient Name: Mrs. Aisha Sharma

Age: 27 years

Patient ID: PREG-2025-114

Date of Visit: 06 November 2025

Gestational Age: 22 weeks (2nd Trimester)

Gravida/Para: G2P1

Vital Signs:

Blood Pressure (BP): 112/74 mmHg

Heart Rate (Pulse): 82 bpm

Respiratory Rate: 18 bpm

Temperature: 98.4degF

Weight: 64.2 kg

BMI: 23.1

Laboratory Tests:

Hemoglobin (Hb): 11.8 g/dL

Blood Sugar (Fasting): 84 mg/dL

Urine Albumin: Negative

Urine Sugar: Negative

Thyroid (TSH): 2.4 uIU/mL

HIV, HBsAg, VDRL: Negative

Blood Group: B+

Ultrasound Findings:

- Single live intrauterine fetus

- Fetal heart rate: 146 bpm
- Placenta: Posterior, upper segment
- Amniotic Fluid: Normal volume (AFI 14 cm)
- No congenital anomalies detected
- Expected Due Date (EDD): March 14, 2026

Maternal Health Summary:

- Fetal growth appropriate for gestational age
- No signs of hypertension or gestational diabetes
- Mild fatigue reported, likely due to normal physiological changes
- Iron and calcium supplementation continued

Doctor's Advice:

- Continue iron (Ferrous Sulfate) and calcium tablets daily
- Maintain balanced diet rich in protein and fiber
- Drink 8-10 glasses of water daily
- Avoid stress and heavy physical work
- Next follow-up visit in 4 weeks

Doctor Details:

Doctor's Signature: Dr. Meera Bansal (MBBS, MD Gynecology)

License No: GYN-10345

Clinic: Sunrise Women's Health Center, Delhi

Date: 06/11/2025