

Pelvic Organ Prolapse Quantification (POP-Q) System

Name: _____

Age: _____ Gender: _____

Date of examination: _____ Medical record number: _____

Purpose

The POP-Q System objectively measures and stages pelvic organ prolapse in women. It provides a standardized method for clinicians to document and compare prolapse severity, aiding in the diagnosis, treatment planning, and monitoring of pelvic organ prolapse.

Equipment needed

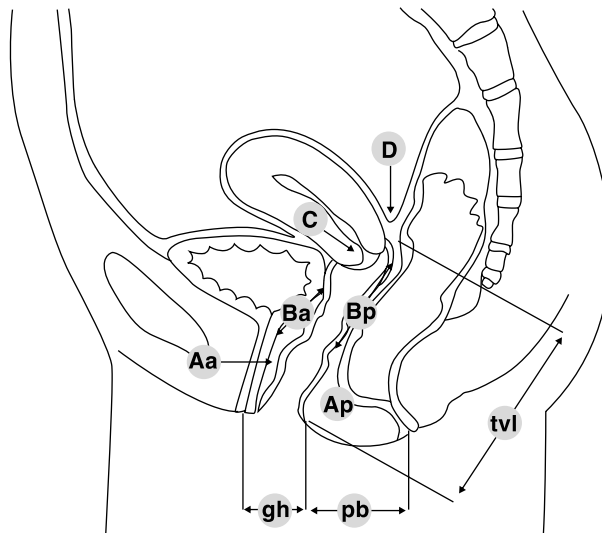
- Measuring tool (ruler or tape measure)
- Sim's speculum (optional)
- Examination table or birthing chair

Test procedure

1. Ensure the patient has an empty bladder and, if possible, an empty rectum. Position the patient to maximize the visibility of the prolapse, such as supine, standing, or in a birthing chair at a 45-degree angle.
2. Using a measuring tool, assess the specified points relative to the hymen, which is defined as zero. Record each measurement in centimeters.
3. Ask the patient to perform a Valsalva maneuver or cough to assess the maximum descent of the prolapse. Measure and record the positions of Aa, Ba, C, D, Ap, and Bp during this maneuver.
4. Document the measurements on the provided grid. Ensure all positions are measured in relation to the hymen (0 cm).
5. Note the patient's symptoms, medical history, and any observations during the examination.

Test results

Record the measurements for each point in relation to the hymen:



Anterior wall (Aa)	Anterior wall (Ba)	Cervix or cuff (C)
Genital hiatus (gh)	Perineal body (pb)	Total verginal length (tvL)
Posterior wall (Ap)	Posterior wall (Bp)	Posterior fornix (D)

Staging of prolapse

- **Stage 0:** No prolapse (all points ≤ -3 cm).
- **Stage 1:** Most distal prolapse > 1 cm above the hymen (all points < -1 cm).
- **Stage 2:** Most distal prolapse is between 1 cm above and 1 cm below the hymen (points between -1 cm and $+1$ cm).
- **Stage 3:** Most distal prolapse > 1 cm below the hymen but not more than 2 cm less than TVL (points $\geq +2$ cm but $< TVL - 2$ cm).
- **Stage 4:** Complete vaginal eversion (points $\geq TVL - 2$ cm).
- **Stage 0:** No prolapse is demonstrated (points Aa, Ba, C, D Ap, and Bp are all ≤ -3 cm).

Prolapse stage: _____

Additional notes

Healthcare professional information

Name: _____

Signature:  _____

Date: _____

Reference

Physiopedia. (2023, March 24). *Pelvic organ prolapse quantification (POP-Q) system*. [https://www.physio-pedia.com/Pelvic_Organ_Prolapse_Quantification_\(POP-Q\)_System](https://www.physio-pedia.com/Pelvic_Organ_Prolapse_Quantification_(POP-Q)_System)

Visco, A. G., Wei, J. T., McClure, L. A., Handa, V. L., & Nygaard, I. E. (2003). Effects of examination technique modifications on pelvic organ prolapse quantification (POP-Q) results. *International Urogynecology Journal and Pelvic Floor Dysfunction*, 14(2), 136–140. <https://doi.org/10.1007/s00192-002-1030-3>