

Weeks pregnant	Fundal height
40	<p>2 to 3 fingerbreadths <b>below</b> xiphoid process</p> <p>If lightening occurs</p> <p>Is typically less than the fundal height at 36 weeks due to engagement and descent of the fetal head</p>
36	<p>One fingerbreadth <b>below</b> xyphoid process</p> <p>Or 2 cm below xyphoid process</p>
32	<p>3 to 4 fingerbreadths <b>below</b> xyphoid process</p> <p>Or 6 cm below the xyphoid process</p> <p>Or</p> <p>2/3 of the way between umbilicus and xyphoid process</p>
28	<p>3 fingerbreadths <b>above</b> umbilicus</p> <p>Or 6 cm above the umbilicus</p> <p>Or</p> <p>1/3 of the way between umbilicus and xyphoid process</p>
24	<p>1 to 2 fingerbreadths <b>above</b> umbilicus</p>
20 – 22	<p>1 to 2 fingerbreadths <b>below</b> umbilicus</p>
16	<p>Halfway between symphysis pubis and umbilicus</p>
12 - 14	<p>Level of the symphysis pubis</p> <p>Barely palpable</p>