	P03.6 – UTERINE FUNDAL MASSAGE	
	Version date: 2025-04-21	Effective date: 2025-04-30 (07:00)
EMR / PCP / ICP / ACP		

INDICATIONS

- Postpartum hemorrhage due to poor uterine tone

WARNINGS

CONTRAINDICATIONS:

- Known or suspected uterine inversion

EQUIPMENT

- Personnel protective equipment (PPE)
- Obstetrical kit

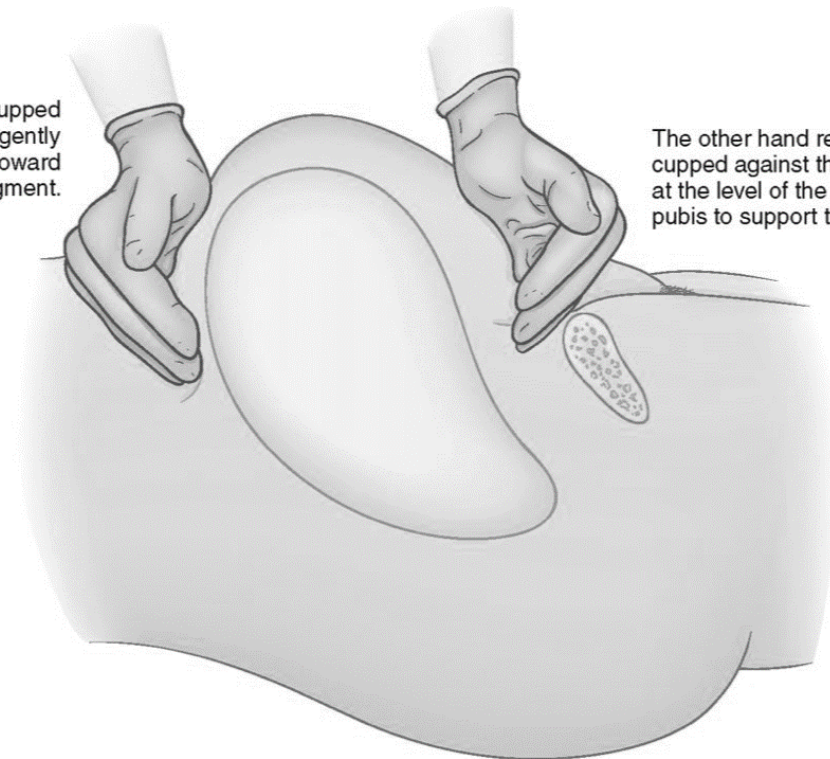
PROCEDURE

Note that the inability to palpate the fundus may be an indication of a uterine inversion.

1. Perform hand hygiene and don PPE.
2. Pushing downward and inward, place one hand above and one hand below the fundus in a cup-like formation (figure1).
3. Firmly massage the fundus until uterine tone is restored (the fundus should now feel about the size and firmness of a softball).
4. Repeat as necessary.
5. Remove and discard PPE. Repeat hand hygiene.

FIGURE 1

One hand is cupped to massage and gently compress the fundus toward the lower uterine segment.



The other hand remains cupped against the uterus at the level of the symphysis pubis to support the uterus.

LINKS

- P08.1 - Postpartum Hemorrhage

APPROVED BY

EMS Medical Director

Associate EMS Medical Director

VERSION CHANGES (refer to X09 for change tracking)

- New