

APPROXIMATE FIRST TRIMESTER LANDMARKS

1. By Menstrual History or Ultrasound (US) Dates

GESTATIONAL SAC	5.0 WEEKS
GESTATIONAL SAC +YOLK SAC	5.5 WEEKS
GESTATIONAL SAC +YOLK SAC + EMBRYO	6.0 WEEKS

2. Serum beta hCG Levels

1000	GESTATIONAL SAC	< 5 WEEKS
7200	GESTATIONAL SAC +YOLK SAC	5-6 WEEKS
10,000	GESTATIONAL SAC +YOLK SAC +EMBRYO	< 6 WEEKS

NOTE: Beta hCG doubles on average every 2 days.
Before 7 weeks, it doubles every 1.4 days.

3. Transvaginal US - Identification of Embryo

≥ 12 mm GESTATIONAL SAC - EXPECT TO
IDENTIFY EMBRYO

18 mm GESTATIONAL SAC - ALMOST ALWAYS
IDENTIFY EMBRYO

NOTE: Embryo grows 1 mm/ day.

4. Heart Motion Identification in Embryo

TA - when the CRL is ≥ 9 mm
TV - when the CRL is ≥ 5 mm

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