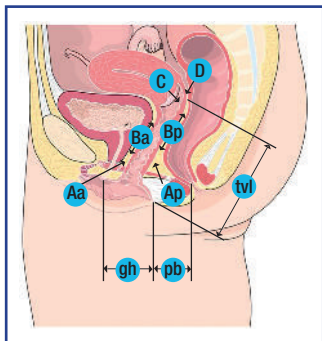


POP-Q Exam – Reference Guide



The pelvic organ prolapse quantification (POP-Q) exam is used to quantify, describe, and stage pelvic support.

- There are 6 points measured at the vagina with respect to the hymen.
- Points above the hymen are negative numbers; points below the hymen are positive numbers.
- All measurements except tvl are measured at maximum valsalva.

Point	Description	Range of Values
Aa	Anterior vaginal wall 3 cm proximal to the hymen	-3 cm to +3 cm
Ba	Most distal position of the remaining upper anterior vaginal wall	-3 cm to +tv1
C	Most distal edge of cervix or vaginal cuff scar	
D	Posterior fornix (N/A if post-hysterectomy)	
Ap	Posterior vaginal wall 3 cm proximal to the hymen	-3 cm to +3 cm
Bp	Most distal position of the remaining upper posterior vaginal wall	-3 cm to + tv1
Genital hiatus (gh) – Measured from middle of external urethral meatus to posterior midline hymen		
Perineal body (pb) – Measured from posterior margin of gh to middle of anal opening		
Total vaginal length (tv1) – Depth of vagina when point D or C is reduced to normal position		

POP-Q Staging Criteria

Stage 0	Aa, Ap, Ba, Bp = -3 cm and C or D ≤ - (tv1 - 2) cm
Stage I	Stage 0 criteria not met and leading edge < -1 cm
Stage II	Leading edge ≥ -1 cm but ≤ +1 cm
Stage III	Leading edge > +1 cm but < + (tv1 - 2) cm
Stage IV	Leading edge ≥ + (tv1 - 2) cm

REFERENCE: Bump RC, Mattiasson A, Bo K, et al. The standardization of terminology of female pelvic organ prolapse and pelvic floor dysfunction. *Am J Obstet Gynecol.* 1996;175:13.