

FISDAP OB-GYN PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://fisdapobgyn.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. What are common signs of ovarian cysts?**
 - A. Weight gain and headaches
 - B. Pelvic pain and bloating
 - C. Fatigue and nausea
 - D. Skin rashes and fever
- 2. What is the primary use of hormone replacement therapy (HRT) during menopause?**
 - A. To reduce blood clot risks
 - B. To alleviate menopause symptoms
 - C. To promote fertility
 - D. To increase physical strength
- 3. A 39-year-old female with severe abdominal pain and hypotension should be positioned how during transport?**
 - A. Supine
 - B. On her left side
 - C. On her right side
 - D. Sitting upright
- 4. What is the significance of a prenatal patient's report of lower abdominal cramping after a vehicular trauma?**
 - A. It may indicate placental abruption
 - B. It is a sign of labor
 - C. It indicates cervical dilation
 - D. It may suggest ectopic pregnancy
- 5. Which hormone is primarily responsible for the changes during the menstrual cycle?**
 - A. Testosterone
 - B. Estrogen
 - C. Cortisol
 - D. Luteinizing hormone

- 6. If a mother expresses anxiety during delivery, what is the best response?**
- A. Ignore her concerns
 - B. Reassure her and provide information
 - C. Increase the speed of the process
 - D. Suggest breathing exercises are unnecessary
- 7. What does the Apgar score evaluate in a newborn?**
- A. Heart rate and respiratory effort.
 - B. Cognitive abilities and reflexes.
 - C. Weight and length.
 - D. Genetic disorders.
- 8. Which of the following is a common symptom of pelvic inflammatory disease (PID)?**
- A. Excessive fatigue
 - B. Lower abdominal pain
 - C. Back pain
 - D. Headaches
- 9. What should be done for a 41-year-old woman in labor for 26 hours with her buttocks presenting and no progress in delivery?**
- A. Attempt a vaginal delivery
 - B. Call for surgical intervention
 - C. Provide emotional support
 - D. Encourage the woman to change positions
- 10. What complication is a high-risk factor for a patient with gestational diabetes during pregnancy?**
- A. Gestational hypertension
 - B. Birth injuries
 - C. Increased amniotic fluid
 - D. All of the above

Answers

SAMPLE

1. B
2. B
3. C
4. A
5. B
6. B
7. A
8. B
9. B
10. D

SAMPLE

Explanations

SAMPLE

1. What are common signs of ovarian cysts?

- A. Weight gain and headaches
- B. Pelvic pain and bloating**
- C. Fatigue and nausea
- D. Skin rashes and fever

Pelvic pain and bloating are common signs of ovarian cysts. Ovarian cysts can develop as part of the menstrual cycle and are often benign. When they become large or rupture, they can cause pressure or discomfort in the pelvic region, leading to persistent pelvic pain. Additionally, as the cyst grows, it may cause a sensation of fullness or bloating due to the physical presence of the cyst in the abdomen. While weight gain and headaches can be associated with various health issues, they are not specific indicators of ovarian cysts. Fatigue and nausea are general symptoms that could arise from various conditions, but they are less directly correlated with ovarian cysts. Similarly, skin rashes and fever are not symptoms typically associated with ovarian cysts, as these symptoms would suggest a different underlying issue, possibly an infection. Therefore, the presence of pelvic pain and bloating is a more definitive indicator of ovarian cysts.

2. What is the primary use of hormone replacement therapy (HRT) during menopause?

- A. To reduce blood clot risks
- B. To alleviate menopause symptoms**
- C. To promote fertility
- D. To increase physical strength

The primary use of hormone replacement therapy (HRT) during menopause is to alleviate menopause symptoms. As women transition into menopause, they experience a variety of symptoms due to the decline in estrogen and progesterone levels. These symptoms can include hot flashes, night sweats, mood swings, sleep disturbances, and vaginal dryness. HRT works by supplementing the body with hormones that are naturally declining during this period, thus helping to relieve or diminish these uncomfortable symptoms. The therapy can lead to significant improvements in quality of life for many women experiencing menopause. While other options may touch on different aspects of health, they do not align with the primary goal of HRT, which is focused on the management of menopause-related symptoms. For instance, blood clot risks are more of a concern associated with HRT rather than a treatment goal, and HRT is not utilized to promote fertility or increase physical strength during menopause, as these are not the primary issues addressed in this stage of a woman's life.

3. A 39-year-old female with severe abdominal pain and hypotension should be positioned how during transport?

- A. Supine
- B. On her left side
- C. On her right side**
- D. Sitting upright

In cases of severe abdominal pain and hypotension, the priority is to support circulation and alleviate pressure that may be affecting the cardiovascular system. The correct positioning for transport in this scenario is to place the patient on her right side. This position can help reduce pressure on abdominal organs as well as assist in improving blood flow back to the heart, which is particularly vital for someone experiencing hypotension. When a patient is positioned on their right side, the orientation aids in promoting better venous return and can enhance perfusion to vital organs. Such positioning can also help prevent complications, particularly if there are concerns about any potential intra-abdominal bleeding or other serious conditions that could be impacting the patient's blood pressure. In contrast, the other options may not provide the same benefits for a patient in this condition. For instance, lying supine could exacerbate hypotensive symptoms by causing blood to pool and not optimally aiding in circulation. Sitting upright can lead to increased strain on the cardiovascular system and may be uncomfortable for someone in significant pain. Positioning the patient on her left side, while it can be beneficial in certain contexts, may not be the best option here due to potential compressive effects on the inferior vena cava, which can further compromise venous return and worsen hypotension.

4. What is the significance of a prenatal patient's report of lower abdominal cramping after a vehicular trauma?

- A. It may indicate placental abruption**
- B. It is a sign of labor
- C. It indicates cervical dilation
- D. It may suggest ectopic pregnancy

The report of lower abdominal cramping after a vehicular trauma during pregnancy is significant because it may indicate placental abruption. This condition occurs when the placenta detaches from the uterine wall before delivery, which can happen due to trauma. It often leads to bleeding and can compromise the blood supply to the fetus, making it a serious medical concern that requires immediate attention. Cramping in the lower abdomen can be a symptom of this condition, especially when associated with trauma. It is essential for healthcare providers to assess the situation promptly, as placental abruption can lead to complications such as fetal distress or premature delivery. While cramping can also be associated with other conditions, such as the onset of labor or cervical changes, the context of trauma heightens the concern for placental issues over those other possibilities. Additionally, ectopic pregnancy is typically characterized by distinct symptoms that would not typically arise immediately after trauma in a pregnant patient. Thus, focusing on placental abruption is crucial in this scenario.

5. Which hormone is primarily responsible for the changes during the menstrual cycle?

- A. Testosterone
- B. Estrogen**
- C. Cortisol
- D. Luteinizing hormone

The primary hormone responsible for the changes during the menstrual cycle is estrogen. Throughout the menstrual cycle, estrogen plays a crucial role in regulating the growth and maturation of the ovarian follicles and preparing the uterine lining for potential implantation of a fertilized egg. During the follicular phase of the menstrual cycle, rising levels of estrogen lead to the thickening of the endometrium, the lining of the uterus, making it more receptive to a fertilized ovum. This hormone also is involved in the feedback loop that triggers the surge of luteinizing hormone, which is essential for the ovulation process. Estrogen levels fluctuate throughout the cycle, peaking just before ovulation and then decreasing if fertilization does not occur, followed by a rise again during the luteal phase. This cyclical rise and fall of estrogen is fundamental for the menstrual cycle's regularity and physiological changes.

6. If a mother expresses anxiety during delivery, what is the best response?

- A. Ignore her concerns
- B. Reassure her and provide information**
- C. Increase the speed of the process
- D. Suggest breathing exercises are unnecessary

When a mother expresses anxiety during delivery, providing reassurance and information is essential. This approach not only acknowledges her feelings but also can help alleviate her concerns by addressing what she may be worried about. Anxiety during labor is common, and patients often feel more at ease when they understand what to expect during the process. By offering information about the stages of labor, potential interventions, or the steps being taken, healthcare providers can empower the mother and promote a sense of control. This supportive communication can help reduce stress, ultimately improving both the mother's experience and the outcomes of the delivery. Other responses, such as ignoring her concerns or dismissing breathing exercises, would likely increase her anxiety and create a sense of isolation during a vulnerable time. Additionally, hastening the process doesn't accommodate her emotional needs and could lead to feelings of being overwhelmed or out of control. Addressing the emotional aspects of labor is as crucial as the physical aspects, making reassurance and support vital components of care.

7. What does the Apgar score evaluate in a newborn?

- A. Heart rate and respiratory effort.
- B. Cognitive abilities and reflexes.
- C. Weight and length.
- D. Genetic disorders.

The Apgar score is a quick assessment tool used to evaluate the health of a newborn immediately after birth. It focuses on five criteria, which are commonly remembered by the acronym "Apgar"—Appearance, Pulse, Grimace response, Activity, and Respiration. Heart rate and respiratory effort are two of the critical components assessed. Specifically, heart rate (or pulse) looks at how effectively the newborn's heart is beating, which is crucial for ensuring adequate blood flow and oxygenation. The respiratory effort evaluates how well the newborn is breathing, an essential aspect of their transition to life outside the womb. A low score in either of these areas may indicate that the infant requires medical intervention. Other options, such as cognitive abilities, weight and length, or genetic disorders, are not evaluated by the Apgar score. While these factors are important in overall infant health assessments, they fall outside the immediate focus of the Apgar system, which is specifically designed to assess vital functions right after birth. The score is intended to provide a quick and standardized way to determine whether a newborn needs immediate medical attention.

8. Which of the following is a common symptom of pelvic inflammatory disease (PID)?

- A. Excessive fatigue
- B. Lower abdominal pain
- C. Back pain
- D. Headaches

Lower abdominal pain is a hallmark symptom of pelvic inflammatory disease (PID). PID is an infection of the female reproductive organs, often caused by sexually transmitted bacteria. This condition typically leads to inflammation and irritation of the pelvic structures, resulting in pronounced discomfort in the lower abdomen. Patients frequently describe the pain as dull, aching, or cramping in nature, which can be exacerbated by activities such as sexual intercourse or during a pelvic examination. The other symptoms listed may occur in various conditions but are not specifically indicative of PID. For instance, excessive fatigue can be a general symptom of many medical conditions, including infections and systemic illnesses. Back pain is common and can originate from numerous sources unrelated to PID, such as musculoskeletal issues. Similarly, headaches are nonspecific and can stem from a wide range of causes, from stress to dehydration. In contrast, the association of lower abdominal pain with PID is well-documented and central to its diagnosis.

9. What should be done for a 41-year-old woman in labor for 26 hours with her buttocks presenting and no progress in delivery?

- A. Attempt a vaginal delivery
- B. Call for surgical intervention**
- C. Provide emotional support
- D. Encourage the woman to change positions

In the scenario of a 41-year-old woman who has been in labor for 26 hours with her buttocks presenting and no progress in delivery, the most appropriate action is to call for surgical intervention. A presentation of the buttocks, or breech presentation, can significantly complicate delivery and poses risks to both the mother and the baby, especially when labor has been prolonged without progress. In cases of breech presentation, there is a higher likelihood of obstructed labor, increased risk of cord prolapse, and potential fetal distress. If the labor is not progressing after such an extended duration, the safest course of action often involves planning for a cesarean section. This procedure can reduce the risks associated with a vaginal delivery in this circumstance. While providing emotional support and encouraging position changes can be beneficial in managing pain and comfort during labor, these measures are insufficient given the specific complications presented by the breech position and prolonged labor. Attempting a vaginal delivery under these circumstances may lead to serious complications; therefore, surgical intervention is the most responsible and safest choice for both mother and child.

10. What complication is a high-risk factor for a patient with gestational diabetes during pregnancy?

- A. Gestational hypertension
- B. Birth injuries
- C. Increased amniotic fluid
- D. All of the above**

Gestational diabetes presents various complications during pregnancy, and all the listed options represent serious concerns that can arise for patients with this condition. Gestational hypertension is a significant risk factor because the presence of gestational diabetes can lead to higher blood pressure, which may affect the mother's health and the baby's development. The combination of elevated glucose levels and hypertension can complicate the pregnancy and lead to further health issues. Birth injuries are another critical complication. Babies born to mothers with gestational diabetes are often larger than average, which increases the likelihood of complications during labor and delivery. These complications can include shoulder dystocia or other injuries related to the size of the baby and the circumstances of the birth. Increased amniotic fluid, also known as polyhydramnios, can occur as a result of gestational diabetes. Elevated blood sugar levels can lead to an overproduction of amniotic fluid, which can increase the risk of preterm labor and potentially complicate delivery. Since each of these complications is heightened in the presence of gestational diabetes, the correct answer encompasses all these risks, affirming that a patient with gestational diabetes is at high risk for complications such as gestational hypertension, birth injuries, and increased amniotic fluid.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://fisdapobgyn.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE