APPENDIX 1: MODEL ASSEMBLY INSTRUCTIONS

Materials

4 medium plastic food storage containers

4 large plastic food storage containers

Psyllium fiber supplement

Unflavored gelatin

Potassium sorbate food preservative

Balloons

Grapes

Fabric squares in flesh tones

Paper clip folded into the shape of an IUD (may also use expired IUD if available)

Large mixing bowls

Wisk

Paring knife

Directions

1. In a large bowl, mix to dissolve 120g of gelatin in 500mL of hot water to make a concentrated gelatin solution. Add a tablespoon of potassium sorbate and 8 tablespoons of psyllium fiber supplement to the gelatin mixture. Add 500mL of cold water to yield just over a liter of concentrated gelatin solution
2. Select a grape the approximate the size of an 8 week gestational sac. Place the grape in a balloon. Add water to the balloon. This will become the uterine cavity. Tie a knot in the balloon, being careful not to trap any air inside the balloon. The knot will serve as the cervix in the final model.
3. Place the balloon uterus in a medium plastic food storage container. Add enough of the prepared concentrated gelatin mixture so that the balloon floats slightly off the bottom of the container. Allow this to cool in the refrigerator so that the gelatin hardens and the balloon becomes fixed in place. Next, add more of the gelatin mixture so that the balloon is completely covered. Note: The container must be deep enough so that the balloon can be floated slightly off the bottom of the container, and then be covered completely with gelatin mixture on top. Return storage container to the refrigerator to cool completely
4. Once the mixture is firmly set, remove the mold from the plastic container. Use a paring knife to carve off the excess gelatin around the balloon, sculpting a uterus shape. Run the model under warm water to smooth of any rough edges. This denser gelatin will serve as the myometrium on the model. Set this aside
5. In a large bowl, mix to dissolve 100g of gelatin in 500mL hot water. Add a tablespoon of potassium sorbate to the mixture. No psyllium should be added to this mixture, which will result in a more sonolucent gelatin product. Mix in another 500mL of cold water.
6. Place the finished uterus model (from step 4) in a large food storage container. Add enough of the prepared sonolucent gelatin mixture to the container so that the model floats off the bottom of the container. Allow this to cool in the refrigerator so that the gelatin hardens and the uterus becomes fixed in place. Next, add more of the sonolucent gelatin mixture so that the uterus is completely covered.
7. Cut a skin-toned fabric square to size and lay it atop the gelatin mixture just before the mixture is set. This will obscure the uterus model from the view of the learners.
8. Store model in the refrigerator when not in use

Note: to simulate the presence of an IUD, instead of a grape, place a paperclip fashioned into shape of IUD into the balloon in step 2. Add water to the balloon with nothing else inside to simulate a missed abortion.



















