**Abdominopelvic Regions and Quadrants Terminology (see page 19 for the same figures shown below)**

1. **Regions**
	1. Divides the abdominal and pelvic cavities into nine regions
	2. Divisions are used by doctors to describe the regions where internal organs are found
	3. **The nine regions are:**
		1. Hypochondriac: two upper right and left regions below the cartilage of the ribs that extend over the abdomen
		2. Epigastric: region above the stomach
		3. Lumbar: two middle right and left regions near the waist
		4. Umbilical: region of the navel or umbilicus
		5. Inguinal: two lower right and left regions near the groin which is the area where the legs join the trunk of the body.
		6. Hypogastric: lower middle region below the umbilical region



1. **Quadrants**
	1. The abdominoplevic area can be divided into four quadrants by drawing two imaginary lines – one horizontally and one vertically through the body.
	2. **The four quadrants are:**
		1. Right Upper Quadrant (RUQ): contains the liver (right lobe), gallbladder, part of the pancreas, parts of the small and large intestines
		2. Left Upper Quadrant (LUQ): contains the liver (left lobe), stomach, spleen, part of the pancreas, parts of the small and large intestines
		3. Right Lower Quadrant (RLQ): contains parts of the small and large intestines, right ovary, right fallopian tube, appendix, right ureter
		4. Left Lower Quadrant (LLQ): contains parts of the small and large intestines, left ovary, left fallopian tube, left ureter

