

ABDOMINAL QUADRANTS & REGIONS

RIGHT HYPOCHONDRIAC

- Liver (Right Lobe)
- Gallbladder
- Right Kidney

EPIGASTRIC

- Stomach
- Liver (Left Lobe)
- Pancreas
- Adrenal Glands

LEFT HYPOCHONDRIAC

- Spleen
- Colon (Splenic Flexure)
- Left Kidney
- Stomach (Fundus)

RIGHT LUMBAR

- Ascending Colon
- Small Intestine
- Right Kidney (Lower tip)

UMBILICAL

- Small Intestine
- Duodenum
- Transverse Colon

LEFT LUMBAR

- Descending Colon
- Small Intestine
- Left Kidney (Lower tip)

RIGHT ILIAC (INGUINAL)

- Cecum
- Appendix
- Right Ovary/Tube

HYPOGASTRIC (PUBIC)

- Urinary Bladder
- Sigmoid Colon
- Uterus (if applicable)

LEFT ILIAC (INGUINAL)

- Sigmoid Colon
- Descending Colon
- Left Ovary/Tube

Template for anatomical reference only. Locations may vary based on individual physiology.