



EDITION • 2026

# FCPS-1 Guidelines

COMPLETE STUDY BLUEPRINT

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Your definitive roadmap to clearing **FCPS Part 1** — curated by FcpsWorld.com

[www.fcpsworld.com/app](http://www.fcpsworld.com/app)



## SECTION 01

# Exam Overview

Understand the structure before you strategize

## 100

MCQs per Paper

Paper 1 and Paper 2 each contain 100 single-best-answer MCQs

## 75%

Passing Score

Required to pass each paper combined

## Subject Distribution

SUBJECT	PAPER	WEIGHT
Anatomy (General)	Paper 1	Major
Physiology	Paper 1 + 2	Both Papers
General Pathology	Paper 1	Major
Special Pathology (Systems)	Paper 1	Major
Pharmacology	Paper 1	Minor
Biochemistry	Paper 1	Minor
Microbiology & Immunology	Paper 1	Minor
Embryology & Histology	Paper 1 + 2	Both Papers
Neurology / Neuroanatomy	Paper 2	Major

SUBJECT	PAPER	WEIGHT
Biostatistics / Public Health	Paper 2	Minor
Specialty-Specific Content	Paper 2	Major



**The FCPS-1 does not follow a formal Table of Specifications (TOS).** The subjects listed above reflect the recurring exam pattern from previous attempts. Expect scenario-based MCQs that test applied knowledge across systems.



## SECTION 02

# Theory Book Selection

Pick one theory book — and commit to it with multiple revisions

## ★ The Golden Rule

Choose a **few books** and do them **over and over again**. Multiple revisions. It's easier to retain fewer books with high-quality prep than choosing multiple books and not retaining anything at all.

## Expert Advice

- **Step1:** — Watch Lecture.
- **Step2:** Read theory books & golden notes
- **Step3:** Perform MCQs (minimum 6000 mcqs before appearing in exam).
- **Step4:** Join Your speciality Whatsapp Group from [www.fcpsworld.com/app](http://www.fcpsworld.com/app) and post mcqs if confusion

[www.fcpsworld.com/app](http://www.fcpsworld.com/app)

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### First Aid USMLE Step 1

FirstAid is should be part and partial for FCPS-1 exam. Students find it difficult to reatin but after FcpsWorld Lectures, it will be on your finger tips. Near Exams you wont have time to read Big Theory Books so you could only revise this.

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### GoldStandard FCPS Notes

These notes are mixture of High yeild theory Points & past Papers. If you are doing these you dont have to do Any other Golden notes or radient notes.

### ★ Last Revision Sheet!

The **Last revision sheet** is introduced in 2026 and has topics explained with reference of Past papers.

## Core Subject Books

### Anatomy

Highly important in Paper 1, varies in Paper 2 by specialty. Book selection depends on your discipline.

#### Surgery & Allied, Radiology

**Snell's Clinical Anatomy Review** Paper A & Paper B strongly comes from anatomy. Goldstandard Theory Notes or Snell Anatomy Review can be used. [choose only 1]

#### Medicine & Allied / Pathology / Others

Can be done from golden notes for anatomy only. Focus is majorly on vessels, lymphatics, organ systems.

#### Gynae

**Snell's Clinical Anatomy Review** — or Golden theory notes for Pelvis Perineum and Abdomen because major chunk from paper B comes from it

### Physiology

If you are doing FcpsWorld Lectures then only First Aid and golden notes are enough. But if you are NOT taking lectures you have to do **BRS Physiology** Its volatile and Requires multiple revisions

### General Pathology

**First Aid + (BRS Pathology or Pathoma)** — First 8 chapters cover general pathology for Paper 1. for all specialities

## **Special Pathology (Systems)**

Best covered in **First Aid Step 1 & Gold Standard FCPS Notes**. Questions come as scenarios — diseases asked in the form of signs, diagnostic features, investigations, and treatment. Required by virtually all specialties.



## SECTION 03

# Subject-Wise Book Guide

Minor subjects that carry major weight in recent papers. You can do these from just **past papers** or **GoldStandard FCPS Notes**.

## Pharmacology

A minor subject for most specialties, but a **major subject in Anesthesia and Psychiatry**.  
Pure memorization.

### All Specialties (except Anesthesia)

First Aid Step 1 — Pharmacology section

### Anesthesia

Kaplan Pharmacology + First Aid — In-depth coverage needed

## Embryology & Histology

Important minors. Only Goldstandard FCPS Notes or past papers

### Embryology

First Aid Step 1 before every system  
small portion is given most students leave  
it only 1 or 2 questions come in exam

### Histology

GoldStandard Fcps Notes not major  
subject only 2 3 mcqs comes from this

## Biochemistry

Asked a lot in recent papers. you wont be able to conver it completely so better to focus on exam high yeild topics from GoldStandard Fcps NOTES! If you are doing Past papers you will know which topic to focus and which to ignore

## **Microbiology & Immunology**

Asked heavily in recent papers. A major portion for FCPS-1 Pathology. **First Aid Step 1** is the only text you need for both.

## **Neurology & Neuroanatomy**

Extremely important! Best covered via **Gold standard Fcps Notes & First AID**. Lectures are extreemly important to take. Major chunk of \*Psychiatry comes form it\*

## **Biostatistics & Public Health**

Minor subjects easily covered in **GoldStandard Fcps Notes**. Key topics: Study types, Mean/Median/Mode, Epidemiology, and Community Medicine studies.



## SECTION 04

# High-Yield Topics as of 2026

Biochemistry — topics frequently tested in recent papers

## Structural Biochemistry & Genetics

Cytoskeletal Elements

Collagen Synthesis + Structure

Osteogenesis Imperfecta

Ehlers–Danlos Syndrome

Menkes Disease / Elastin

Marfan Syndrome

Homocystinuria

Primary Ciliary Dyskinesia

## Genetic Disorders

Autosomal Trisomies

Down Syndrome

Edwards Syndrome

Patau Syndrome

Cri-du-Chat Syndrome

Prader–Willi Syndrome

Angelman Syndrome

Fragile X Syndrome

Trinucleotide Repeat Diseases

Modes of Inheritance

X-Linked Recessive

Muscular Dystrophies

Cystic Fibrosis

## Metabolism & Nutrition

All Vitamins

Protein Energy Malnutrition

Lactase Deficiency

Amino Acids & Urea Cycle

Phenylketonuria

Maple Syrup Urine Disease

Alkaptonuria

Glycogen Storage Diseases

Lysosomal Storage Diseases

# Lipid Metabolism

Major Apolipoproteins

Lipoprotein Functions

Abetalipoproteinemia

Familial Dyslipidemias



## SECTION 05

# High-Yield Topics

Microbiology & Immunology – comprehensive checklist

## Bacteriology

Gram +/- Classification

Capsulated Bacteria

Catalase Positive Organisms

Bacterial Genetics

Endotoxins & Exotoxins

Clostridium tetani & botulinum

Staph. aureus / epidermidis / saprophyticus

Strep. pneumoniae / pyogenes / agalactiae / bovis

Viridans Streptococci

Bacillus cereus & anthracis

Corynebacterium diphtheriae

Tuberculosis

Neisseria

H. influenzae / Legionella

Pseudomonas aeruginosa

Salmonella typhi / E. Coli

Shigella / Campylobacter

Vibrio cholerae / H. pylori

Syphilis / Chlamydiae

Mycoplasma pneumoniae

## Virology

DNA Viruses (Pox, Adeno, Parvo)

Herpesviruses

Rotavirus / Influenza

Rubella / Measles / Mumps

Rabies Virus

Hepatitis Viruses

HIV

TORCH Infections

## Parasitology

Giardia lamblia

Entamoeba histolytica

Cryptosporidium

Toxoplasma gondii

## Mycology

Histoplasma

Opportunistic Fungal Infections

Pneumocystis jirovecii

Plasmodium

Ascaris lumbricoides

Ancylostoma

Wuchereria bancrofti

Taenia solium

Schistosoma

Echinococcus

Trichomonas

## Clinical Patterns

Common Causes of Pneumonia

Common Causes of Meningitis

Common Vaginal Infections



## SECTION 06

# Revision & MCQ Resources

Supplementary books and tools for exam-day readiness

## ★ GoldStandard Fcps Notes & Last Revision Sheet

Update after every FCPS-1 Attempt thus we dont have its hardcopy. Only Available in PDF form on FcpsWorld Mobile App.

## Double AA Book or FcpsWorld Mobile App

Any MCQ book with system wise MCQs. Double A or rafiullah for practic.

**FcpsWorld Mobile App has all mcqs 2015-2026 free of cost**

## Past Papers (SK Series)



**In recent attempts, past MCQs have become much less repeated and stems are almost always changed.** Still, many papers have a chance to show repetition. SK cannot be ignored but also not solely relied on.

### Medicine & Allied

SK Medicine & Allied SK 18, 19 (Vol 1+2) till latest  
**or you can do MCQs from FcpsWorld Mobile App, its free**

### Surgery & Allied

SK Surgery & Allied SK 18, 19 (Vol 1+2) and SK 20 till latest  
**or you can do MCQs from FcpsWorld Mobile App, its free**

### Gynae & Obs

★ Gynae Paper B notes from FcpsWorld or Notes from

### Radiology

SK Radiology + SK 18, 19 (Vol 1+2) and SK 20 till latest

Sk pink is mandatory

SK Pink + SK 18, 19 (Vol 1+2) and SK 20 till latest  
**or you can do MCQs from FcpsWorld Mobile App, its free**

**or you can do MCQs from FcpsWorld Mobile App, its free**

### ENT

Nigar Notes + SK 18, 19 (Vol 1+2) and SK 20 till latest

### Eye

Ramay Notes + SK 18, 19 (Vol 1+2) and SK 20 till latest

**or you can do MCQs from FcpsWorld Mobile App, its free**

### Anesthesia

SK Anesthesia + Asim & Shohaib + SK 18, 19 (Vol 1+2) and SK 20 till latest

**or you can do MCQs from FcpsWorld Mobile App, its free**

★ Anesthesia Paper B notes from FcpsWorld or Notes from Sk Anesthesia is mandatory

### Pathology

SK Pathology + SK 18, 19 (Vol 1+2) and SK 20 till latest

**or you can do MCQs from FcpsWorld Mobile App, its free**



## SECTION 07

# Specialty-Wise Book Plans

Tailored reading lists for each specialty's Paper 1 + Paper 2

## ● Surgery & Allied

Paper 2: Anatomy, Microbiology, general pathology are mandatory

SUBJECT	RECOMMENDED BOOK
Anatomy	Snell's Review or First Aid / GoldStandard FCPS Notes
Physiology	First Aid
General Pathology	First Aid + BRS Patho (only first 8 chapter)
Special Pathology	First Aid Step 1
Micro + Immuno	First Aid Step 1 + GoldStandard FCPS Notes
Neurology	First Aid Step 1 + GoldStandard FCPS Notes
Biochemistry	minor only past papers topics
Pharmacology	minor only past papers topics
Embryology	minor only past papers topics
Histology	minor only past papers topics
Biostat + Public Health	minor only past paper topics

## ● Medicine & Allied

Paper 2: Patho Physiology is main focus

SUBJECT	RECOMMENDED BOOK
Anatomy	Gold Standard FCPS Notes

SUBJECT	RECOMMENDED BOOK
Physiology	First Aid + GoldStandard FCPS Notes
General Pathology	First Aid + BRS Pathology (first 8 chapters only)
Special Pathology	First Aid Step 1 + Goldstandard fcps Notes
Micro + Immuno	First Aid Step 1 or GoldStandard FCPS Notes
Neurology	First Aid Step 1 or GoldStandard FCPS Notes
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Pharmacology	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or GoldStandard FCPS Notes
Histology	Goldstandard FCPS Notes
Biostat + Public Health	Goldstandard FCPS Notes



## ● Gynae & Obs

Paper 2: Anatomy, Endo, Repro, Embryo, Histology

SUBJECT	RECOMMENDED BOOK
Anatomy	Snell's Review (detail: Pelvis, Perineum, Abdomen) rest can be done from goldstandard fcps notes
Physiology	First Aid Step 1 or GoldStandard FCPS Notes
General Pathology	First AID+ BRS Pathology only 1st 8 chapters of general patho
Special Pathology	First Aid Step 1
Reproduction + Endo	BRS Physiology + First Aid Step 1 + Paper B Gynae notes of FCPSWORLD
Embryology	First Aid or only past papers
Histology	Goldstandard FCPS Notes
Pharmacology	First Aid Step 1 or GoldStandard FCPS Notes
Biostat + Public Health	Goldstandard FCPS Notes

## ● Radiology

Paper 2: Anatomy — Word for Word!

SUBJECT	RECOMMENDED BOOK
Anatomy	Snell's Review or First Aid or GoldStandard FCPS Notes
Physiology	First Aid Step 1 or GoldStandard FCPS Notes
General Pathology	BRS Pathology (First 8 chapters) + First AID
Special Pathology	First Aid Step 1 or GoldStandard FCPS Notes

SUBJECT	RECOMMENDED BOOK
Micro + Immuno	First Aid Step 1 or GoldStandard FCPS Notes
Neurology	First Aid Step 1 or GoldStandard FCPS Notes
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Pharmacology	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or GoldStandard FCPS Notes
Histology	Goldstandard FCPS Notes
Biostat + Public Health	Goldstandard FCPS Notes

## ● Pathology

Paper 2: Special & Gen Pathology, Histology, Micro

SUBJECT	RECOMMENDED BOOK
Anatomy	GoldStandard FCPS Notes
Physiology	First Aid Step 1 or GoldStandard FCPS Notes
General Pathology	First Aid + BRS Pathology (First 8 chapters) + First AID
Special Pathology	First Aid Step 1 + BRS Pathology
Micro + Immuno	First Aid Step 1 + GoldStandard FCPS Notes
Neurology	First Aid Step 1 + GoldStandard FCPS Notes
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Pharmacology	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or past papers only
Histology	FirstAid or GoldStandard FCPS Notes
Biostat + Public Health	First Aid or GoldStandard FCPS Notes





## ● Anesthesia

Paper 2: Pharma! Gas Laws & Physiology

SUBJECT	RECOMMENDED BOOK
Anatomy	GoldStandard FCPS Notes
Physiology	First Aid Step 1 + GoldStandard FCPS Notes
General Pathology	First Aid +BRS Pathology (First 8 chapters)
Special Pathology	Not Needed
Pharmacology	<b>Kaplan</b> (major emphasis)
Neurology	First Aid Step 1 + GoldStandard FCPS Notes
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or GoldStandard FCPS Notes
Histology	GoldStandard FCPS Notes
Biostat + Public Health	GoldStandard FCPS Notes

Additional: SK Anesthesia + Asim & Shohaib

## ● Eye (Ophthalmology)

Paper 2: Anatomy of Eye, Pathologies, Visual Tracts

SUBJECT	RECOMMENDED BOOK
Anatomy	GoldStandard Fcps Notes
Physiology	First Aid + GoldStandard FCPS Notes
General Pathology	BRS Pathology (First 8 chapters))

SUBJECT	RECOMMENDED BOOK
Special Pathology	First Aid Step 1
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or GoldStandard FCPS Notes
Histology	GoldStandard FCPS Notes
Biostat + Public Health	GoldStandard FCPS Notes

Additional: Ramay Notes

## ● ENT

Paper 2: Anatomy of Ear, Nose, Throat, Pathologies

SUBJECT	RECOMMENDED BOOK
Anatomy	GoldStandard FCPS Notes
Physiology	First Aid Step 1 + GoldStandard FCPS Notes
General Pathology	First Aid +BRS Pathology (First 8 chapters)
Special Pathology	First Aid
Biochemistry	First Aid Step 1 or GoldStandard FCPS Notes
Embryology	First Aid Step 1 or GoldStandard FCPS Notes
Histology	GoldStandard FCPS Notes
Biostat + Public Health	GoldStandard FCPS Notes

Additional: Nigar Notes



## ● Psychiatry

Paper 2: CNS, Physiology, Psych Pharmacology

SUBJECT	RECOMMENDED BOOK
Anatomy	GoldStandard FCPS Notes
Physiology	First Aid Step 1 + GoldStandard FCPS Notes
General Pathology	First Aid +BRS Pathology (First 8 chapters)
Special Pathology	First Aid
Pharmacology	First Aid Step 1
Embryology	First Aid Step 1
Histology	GoldStandard FCPS Notes
Biostat + Public Health	GoldStandard FCPS Notes

Additional: Zeeshan Masood

### Psychiatry — Expert Advice

- **Start with neuroanatomy** — it takes the most time. Revise it at least twice before the exam. Solve BCQs with each chapter.
- **Physiology** is the next most important subject. Keep solving BCQs alongside, correcting the keys.
- **CNS + psychiatric pharmacology** make up at least  $\frac{1}{3}$  of Paper-II — hence cannot be ignored.
- General pathology is asked but system-wise pathology is not asked in detail — revision can be skipped due to lack of time.
- **Must solve psychiatry past papers.** They will help immensely with Paper-II.

## ★ Final Words from FcpsWorld

Taking **FcpsWorld Lectures** will save your time and effort by clearing Concepts and focusing on topics which are mostly asked in exam.

FCPS-1 is **Basic sciences** Exam. Key is **Smart study with revision.**

you have to do Atleast **6000 MCQs** before apearing in exam. Reading theory without MCQs is waste of time

Once you mater the concept, MCQs will get easy and easier

Dont skip **Golden Notes or Last Revision Sheets** they are CORE Past Papers

Remember: **consistency beats intensity.** Your journey to FCPS starts with a single committed revision cycle.



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