fraserhealth

INSTRUCTIONS FOR FETAL MOVEMENT COUNTING - English

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Before they are born we know that healthy babies move. Most women will feel their babies move by 20 weeks of pregnancy or earlier. As babies grow inside the womb, we know their movements are easier to feel. By the last 3 months of pregnancy healthy babies have a normal pattern of daily moving that most mothers get to know. We also know healthy babies sleep. It is normal for your healthy unborn baby to sleep for as long as 75 minutes without moving.

We can see how your baby is doing by noting his or her movements. You know your baby and you know his or her normal moving pattern. We have noticed that some babies who are not feeling well will move less often. This is usually a change in their normal ways and women will sense their babies are moving less. Noting your baby's movements can help us check in to see how the baby is feeling each day.

We ask all pregnant women to pay attention every day to be sure their babies are moving normally starting around 26-32 weeks. Sometimes when women have concerns about their babies or when women have other health issues such as high blood pressure we may also ask them to count their baby's movements every day. We call this fetal movement counting. The guide below helps with this.

How to Count

- Pick anytime of the day- maybe a time when your baby is usually active.
- Lie down on your side or sit and recline.
- Babies usually move in "episodes" or groups of movements.
    - Each group of movements is one movement episode. For example: Two or more movements that come together without a pause of greater than half a minute are one movement episode.
- Use the **chart on the back of this form.**
    - Mark the time you start counting
    - Count up to six movement episodes
    - Mark the time when you have counted to six
- If you have not felt 6 movement episodes within 2 hours please contact your **doctor or midwife** or the **Maternity Unit at your hospital (Phone #:** _____**)**

NORMAL

- The baby may move six times in a very short time.
- The baby may take up to two hours to move six times.
- The baby may be sleeping and healthy with less movements but we would like to look at this baby closer to help us see if there is anything else going on.

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DUE DATE: _____ START DATE: _____

Instructions:

1. Note the time that you start counting
2. Count until you feel six movement episodes
3. Note the time that you stop counting
4. Call your doctor or midwife if you have felt less than six movements in two hours
5. Show this record to your nurse and doctor or midwife

Week of pregnancy	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							
	Start							
	Stop							