

FETAL MOVEMENT COUNTING

Keeping track of how frequently your baby moves is helpful in determining that your baby is getting enough oxygen. Starting today and everyday until, it is recommended you count your baby's movements. It is usually best to select a time of day when you can relax and really pay attention to your baby's activity. The time of day when the baby is most active is recommended, but you may consider doing this activity early in the day. If you perform this test early in the day, it will be easier to contact Dr. Hutchison and obtain further testing if your baby does not move enough.

Getting Started:

- ♥ Begin this activity by finding a quiet comfortable place to relax.
- ♥ Make sure you have plenty to drink prior to The test. If you are dehydrated, your baby may not move as much.
- ♥ Lying down on your left side is best, lying on your back can compress the large veins that carry blood from your lower legs to your heart. The decreased amount of blood flow to you and your baby may result in decreased fetal movement.
- ♥ Once comfortable, place your hand on your abdomen, close your eyes and begin to count. Count each time the baby moves, this may be a kick, roll, jab, stretch, etc.
- ♥ When you have counted 10 movements, stop.
- ♥ If 2 hours have passed and you have not felt 10 movements, please contact Dr. Hutchison's nurse for further instructions.
- ♥ Repeat this activity every day, or as often as recommended by Dr. Hutchison.
- ♥ Please do not hesitate to contact us if you are at all concerned with your baby's movement - we want a healthy and successful pregnancy for you and your family!