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Fetal Movements

To Our Patients:

As you enter the last 10 weeks of pregnancy, we encourage you to do what is called Fetal Movement Counts each day. In essence, this is just a daily test of your baby's well being by keeping track of the baby's movements. Fetal movement is a very sensitive sign of fetal well being, and one of our few ways of evaluating the health of your baby prior to delivery. Movement counts can help to pick up that very rare baby that is getting ill at a time when intervention is possible.

Lay on your left side after a meal (most find after dinner to be convenient), and determine how long it takes to feel 10 separate fetal movements. If you notice that it is taking an increasingly longer time to get 10 movements, or if you do not feel 10 movements by 2 hours, please contact us. Further testing may be necessary.

Many of our patients will have very active babies, and will not need to do formal counts on a regular basis. If you are not doing counts on a regular basis, be sure to keep track of your baby's movements. If your baby seems less active than usual, be sure to do movement counts that day and the next day.

If you are unsure of how to interpret your baby's movement counts and are concerned about your baby's health, please call our office at 622-3162 to speak to one of our Physician Coordinators at ext. 124.