



Women's Health For Life, Inc.

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FETAL MOVEMENT INSTRUCTIONS

HELPFUL HINTS:

Many babies are most active after their mothers have eaten. So, often the fastest way to complete this test is within one hour after a meal. Also, many mothers find it helpful to lie down on their side with their hands on their abdomen to do the fetal movement count.

Healthy babies are usually active babies. Although, each baby has a unique activity pattern, the baby should have at least one 2 hour period each day that it moves at least 10 times.

TO DO THE COUNT:

1. Note the time you start.
2. Count until the baby moves 10 times.
3. Mark how many minutes it took the baby to move 10 times.
4. If you have trouble getting the baby to move, get up and move around a few minutes.
5. Then, lay down and count again.
6. If you baby still has not moved 10 times, call your doctor.

WHEN TO CALL THE DOCTOR:

Fluid gush or leaking from the vagina.
Any bleeding from the vagina.
Swollen face, hands or legs.
Spots before your eyes or your eyes blur.
Dizziness or bad headache.
Sudden chills or fever.
Pain or burning when you urinate.
Continuous, severe pain in your abdomen.
Vomiting for 2 days in a row.

WARNING SIGNS OF PRETERM LABOR:

Abdominal/menstrual-like cramping may be constant or come and go. May be with or without diarrhea. Feels like the baby is "balling up" in the uterus.
Low, dull backache-constant or comes and goes.
Pressure-feels like the baby is pushing down or feels heavy.
Increase or change in vaginal discharge-pink or bloody or watery.
Fluid leaking from the vagina.
Uterine contractions 10 minutes apart or closer.