

PILGRIM SHORES
Obstetrics, Gynecology & Midwifery

FETAL MOVEMENT COUNTS

Your baby's movement is a good sign that all is well with your pregnancy. We encourage you to pay attention to your baby's movement and alert us if you feel decreased movement. A fetus has periods of activity and sleep. You may notice that your baby has its own particular pattern of sleep/wake cycles. You may notice movement more when you are lying down. As a precaution we would like you to start fetal movement counts at approximately 28 weeks gestation.

Once or twice a day lie on your left side and count the number of movements you detect. You should feel at least 10 separate movements in 2 hours. It is helpful to record these movements. Either count the total number of movements in an hour or record how long it takes to detect 10 movements. Regardless of your method please call if you detect less than 10 movements in 2 hours. Most of the time your baby will be fine but decreased movement can be a sign of fetal distress. Typically you will be asked to come in for a non-stress test which is a test for fetal well being.

There is an old wives tale that fetal movement stops or slows before delivery. You should still get at least 10 movements in two hours.

Call our offices if you have any concerns. The answering service will connect you with a physician if it is after office hours.