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FETAL MOVEMENT

For our obstetrical patients 26 weeks gestation to delivery.

Fetal movement is an important indicator of fetal well being. After 26 weeks, you should feel multiple daily fetal movements. The amount of movement you notice will vary from woman to woman and even from pregnancy to pregnancy. However, you quickly get a "feel" for what is "normal" for this pregnancy. It is also normal to feel the baby is "less active" during the last month of your pregnancy; but, even then, you should feel multiple episodes of movement throughout the day.

If you feel the amount of movement is significantly decreased over what is normal for this pregnancy, or if you haven't noticed any movement for the preceding 6 hours, please check your baby by doing a "kick count":

1. Have something to eat and drink.
2. Lie on your left side.
3. Put your hands on your uterus.
4. Count the movements you feel for one hour.

You should be able to count at least 6 movements an hour. Of course, you may stop counting if you reach, 6 movements in less than an hour. If you are unable to feel at least 6 movements in an hour following the above directions; call us immediately and we will have you come to our office or the hospital so you can be placed on the monitor in order to check your baby.

Annapolis Office: (410) 224-2228

AFTER OFFICE HOURS: (410) 224-7072

IMPORTANT: As all answering services are occasionally overburdened, if your call is not returned within 20 minutes, please call again.