

Maternal-Fetal Medicine Associates of Maryland, LLC

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INSTRUCTIONS FOR FETAL MOVEMENT COUNT CHART

These are general instructions for the Fetal Movement Count Chart. Your doctor may wish to alter them for your specific needs.

Counting the baby's movement is a simple way for a mother to check on the health of her baby. In general, an active baby is a healthy baby. Lack of movement is an important way a baby has of warning us that he/she may be ill.

- ♦ DO NOT IGNORE LACK OF MOVEMENT!
- ♦ DO NOT IGNORE A DRAMATIC DECREASE IN MOVEMENT!
- ♦ A DECREASE IN MOVEMENT DOES NOT OCCUR BEFORE LABOR STARTS!
- ♦ WHEN IN DOUBT, CALL YOUR DOCTOR OR THE LABOR AND DELIVERY UNIT FOR ADVICE!

DAYTIME COUNT

1. "TUNE IN" to your baby in the morning and record the time on your chart.
2. Count the number of movements until you reach a total of 10 and record the time on your chart.
That's all there is to it..... BUT
3. If you have felt NO MOVEMENT by 2:00pm on any day, call your doctor for advice.
4. If you haven't felt 10 movements by 8:00pm, write down the number you actually felt and call your doctor for advice.

EVENING COUNT

1. Pick a time in the evening when your baby is normally most active. Write down the time.
2. Sit or Lie down and begin counting each time the baby moves.
3. At the end of 1 hour, write down the total number of movements felt. It is not necessary to count beyond 30.
4. If you do not get 6 movements in one hour, start from zero and repeat the following hour.
5. If you do not get 6 movements during the second hour, call your doctor at once. **DO NOT IGNORE LACK OF MOVEMENT!**

WHAT IS A MOVEMENT?

- ♦ You decide what constitutes a good movement.
- ♦ A movement can be a kick, a jab, a stretch, balling up, or rolling.
- ♦ A flutter should NOT be counted as a movement.
- ♦ If your baby is moving continuously, count it as one movement until there is a distinct pause.
- ♦ DO NOT COUNT HICCUPS AS MOVEMENTS!

Please bring your chart to all of your office and hospital visits. It will assist the nurses and doctors in assessing your baby's health and managing your labor.

Maternal-Fetal Medicine Associates of Maryland, LLC**Sheri L. Hamersley, M.D., FACOG****Tel: (301)315-2227 Fax: (301)315-2169****FETAL MOVEMENT COUNT CHART**

Daytime: Start counting the baby's movements in the morning. Write down the time you started. Count the baby's movement until you feel the 10th movement and record the time.

Evening: Rest comfortably for 1 hour during the evening and record the NUMBER of movements you feel (you may stop at 30). If you have less than 6 movements, start from zero and repeat the count the following hour. If you do not get 6 movements during the second hour, call your doctor at once.

		Morning: Time Started	Morning: Time 10 th Movement	Evening: Time Started	Evening: Number of Movements
Week of: Week's Pregnant:	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

		Morning: Time Started	Morning: Time 10 th Movement	Evening: Time Started	Evening: Number of Movements
Week of: Week's Pregnant:	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

		Morning: Time Started	Morning: Time 10 th Movement	Evening: Time Started	Evening: Number of Movements
Week of: Week's Pregnant:	Monday				
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Week of: Week's Pregnant:	Monday				
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