Fair Oaks Women's Health Obstetrics and Gynecology 625 South Fair Oaks Avenue Suite 255, South Lobby Pasadena, CA 91105



www.fowh.com obgyn@fowh.com Voicemail 626.696.2688 Facsimile 626.585.0695

Telephone 626.304.2626

FETAL KICK COUNTS

Fetal movement is a sign of fetal well-being. Sometimes fetal movements may seem to be diminished. In most cases, decreased fetal movement closer to the due date is a normal phenomenon. However, sometimes there are situations during pregnancy when decreased fetal movement warrants further investigation to verify fetal well-being.

Fetal Kick Counts are a simple way to reassure us of fetal well-being, or to alert us if there is a concern.

Instructions

- You should be 28 weeks or further along.
- Pick a time of the day when you can lie down without interruptions for up to one hour, ideally after lunch or after dinner.
- Lie on your side, left preferably but right is okay. Note the time.
- Keep track of fetal movements. Any movement sensation -no matter how faint—is valid.
- As soon as you feel 10 movements, you are finished. Normally this occurs in less than 20 minutes, but it can take up to one hour.

Results

- If at any time during the hour, 10 movements are felt, the test is normal and is concluded.
- If 2 to 9 movements occur in one hour, walk around a few minutes, drink some juice, and then repeat the session for a second hour.
- If 2 to 9 movements occur this second hour, call out office and report this, even if after hours.
- If 0 or 1 movement is felt in one hour, this is called DECREASED FETAL MOVEMENT. You should call our office (even after hours). We can then bring you in for a non-stress test (fetal monitoring).

Recording

Date and Time	# movements	Date and Time	# movements