



2000 Medical Parkway, Ste. 304
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FETAL MOVEMENT COUNTS FOR PATIENTS 28 WEEKS OF GESTATION TO DELIVERY

Beginning at 28 weeks, you should begin to feel regular fetal movement. You are encouraged to be attentive to this movement so that you may notice any changes. If you notice a significant decrease in fetal movement, we encourage you to do a kick count. Fetal movement counting (also called “kick counts”) is a test that you can do at home to check on the well-being of your baby. The American College of Obstetricians and Gynecologists (ACOG) recommends that you time how long it takes you to feel 10 kicks, flutters, swishes, or rolls. Ideally, you want to feel at least 10 movements within 2 hours. You will likely feel 10 movements in much less time when you are concentrating on feeling the movement.

Kick counts do not need to be done on a routine basis, but are recommended if you have felt a significant decrease in movement. In addition, if you are less than 28 weeks of gestation, this method of monitoring will not be accurate. The size and positioning of the baby is so variable that your ability to feel movements may be altered.

How to do kick counts:

First, eat something sweet and/or drink something very cold, then, lay on your left side in a quiet room with your hands on your belly. Count how long it takes the baby to make 10 movements. If it takes 2 hours or less, the result is “reassuring” (which means that for now, it does not appear that there are any problems).

Remember to be in a quiet, non-distractible area. If less than 10 movements after the second hour, call the office and ask to speak to a triage nurse. We will give you further instructions and order more testing if necessary. Fetal movement counting can be very reassuring; however, it is not a guarantee. If at any time you are concerned, please feel free to call the office.

Our office phone number is (410) 573-9530. If you are calling when the office is closed, please follow the prompts to reach the doctor on-call.