

# Fetal Movement Counts

## What are Fetal Movement Counts (FMCs)?

Most women are very aware of their baby's movement and will notice a pattern develop as baby grows bigger. Although in most pregnancies it is not necessary to keep a written record, we encourage you to be aware of baby's movements after you reach 28 weeks or approximately seven months of pregnancy. A significant change in the pattern or decrease in movement can be a warning sign. When a change or decrease is noted, it is helpful to track baby's movements by doing FMC's, or Kick Counts.

## How do I do FMCs?

1. Choose the time of day your baby is the most active and begin timing fetal movements at about the same time every day.
2. Lie down on your side or sit in a comfortable easy chair. Do not watch TV or carry on a conversation. Pay attention to the movements of your baby.
3. The first time you feel your baby move, check the time and write it down. Count every movement or kick until your baby has moved ten times. When you feel your tenth movement, write down the time. Once you have felt 10 movements, you can stop counting that day.
4. Another way to do kick counts is to note fetal movements for 1 hour three times a day. You should feel at least as many movements as you usually have felt before.

## What should I do if my baby does not move?

Notify your midwife if:

- You have followed the above recommendations and have not felt 10 kicks by the end of the second hour, wait a few hours and try again. Call, if after trying a second time, you do not feel 10 movements within 2 hours.
- You have not felt the baby move all day (12 hours); or
- You notice a significant change in your baby's activity.

## What further testing may be necessary?

Your healthcare provider may ask that a nonstress test be done. A nonstress test is an additional way to check on your baby's well being by use of an electronic fetal monitor. The test itself will take approximately 20 minutes to an hour and must be done in the hospital or doctor's office.