

# Fetal Movement Counting



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Hamad Medical Corporation

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# Fetal Movement Counting

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## What is fetal movement counting?

The unborn baby is called a fetus. The baby's (kicks) or movements, are called fetal movements.

Fetal movement counting (counting the kicks) is a way to measure how much your baby is moving, this is usually done in the 3rd trimester of pregnancy.

## When will I feel the baby move?

Most women start to feel their baby move between 16 and 22 weeks of pregnancy. Once you start to feel your baby move, you should pay attention to your baby's movements each day.

If you're having your first baby, you will probably start to feel movements from around 18 to 21 weeks of pregnancy.

If no fetal movements have been felt by the 22nd week of pregnancy, you should visit your hospital's Obstetrics and Gynaecology Emergency Department.



## Why do I need to know how to count fetal movements?

You need to be aware of your baby's movements, so you can tell your doctor if you experience less than normal movement. This will help with early detection of high-risk babies.

## When do I count kicks?

Fetal movement monitoring is usually done in the 3rd trimester of pregnancy (from 28 weeks pregnant until you deliver).

Your health care provider may ask you to keep a record of how long it takes your baby to move 10 times.

## How do I count kicks?

### Follow these steps to do a fetal movement count?

1. Pick a time when your baby is normally active.
2. Sit or lie down in comfortable position, if possible on your left side.
3. With a pen and paper, note every time you feel your baby move.
4. Your baby should move ten times in 12 hours.

## When should I go to hospital?

You need to go to your hospital's Obstetrics and Gynaecology Emergency Department if:

1. You notice a significant change in your baby's activity.
2. If you follow the previous instructions and your baby has not moved ten times in 12 hours.
3. You have questions or concerns.

## References:

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