Fetal Movement Assessment (Fetal Kick Counts)

Once you have reached 28 weeks in your pregnancy, keeping track of your baby’s movements provides useful information. A good time to monitor the movement is after meals, or when you are lying down for bed. There isn’t necessarily one correct way to make sure your baby is moving enough. One way is to lie on your left side and count distinct fetal movements. Perception of 10 distinct movements in a period of up to 2 hours is considered reassuring. Once 10 movements have been perceived you may stop counting. In another approach, you can count fetal movements for 1 hour three times per week. The count is considered reassuring if it equals or exceeds the previously established baseline count. In the absence of a reassuring count you can drink 6-8 ounces of juice, wait twenty minutes and repeat the evaluation.

If the decreased movement persists, call (614)459-1000 to speak with a nurse or doctor so we can determine if further testing is needed.