



MEDICLINIC baby
FETAL
MOVEMENT



Name: _____

Mobile Number: _____ Due date: _____

PLEASE BRING THIS CHART WITH YOU EACH TIME YOU SEE THE DOCTOR

HOW DO I COUNT MY BABY'S MOVEMENTS?

- Get into a comfortable position – lying on your side or sitting. Place one or both of your hands on your abdomen
- Count each time that you feel your baby move. If you feel many movements all at once, count each movement that you feel
- Write down the date and the time that you start counting on the fetal movement chart
- Make a mark on the chart each time your baby moves

Count your baby's movements once a day. You should feel 10 or more movements in two hours.

- Stop counting when you have counted 10 movements
- Write down the time you stopped counting
- Do not count for more than two hours
- Do not include hiccups

WHAT IF I DON'T FEEL 10 MOVEMENTS IN TWO HOURS?

If you count fewer than 10 movements in two hours, do not wait. Go to the hospital or birthing unit. Your baby's heart rate and movements will be checked using a fetal monitor. This is called a non-stress test or NST. If you live too far from a hospital or birthing unit, immediately contact your healthcare provider for advice.

ABOUT BABY'S MOVEMENTS

An active baby is usually a healthy baby. You will feel your baby stretch, kick, roll and turn every day. Some babies are more active than others. All babies have periods of sleep during which they are not as active. You will get to know your baby's pattern of movements and when your baby is most active.

WHEN DURING MY PREGNANCY SHOULD I COUNT MY BABY'S MOVEMENTS?

You should track your baby's movements throughout the day, every day from 28 weeks of pregnancy until the baby is born.

If you think there is a decrease in your baby's movements this is an important sign that your baby may not be well. Count your baby's movements to be sure that you feel at least 10 movements in two hours.

Count your baby's movements once a day. You should feel 10 or more movements in two hours. Count if you think there is a decrease in your baby's movements. If count is fewer than 10 movements in two hours, do not wait. Go to the hospital or birthing unit. If you live too far from a hospital or birthing unit, immediately contact your health care provider for advice.

DUBAI

MEDICLINIC WELCARE HOSPITAL

T +971 4 282 7788

MEDICLINIC PARKVIEW HOSPITAL

T 800 1999

MEDICLINIC ARABIAN RANCHES

T 800 1999

MEDICLINIC MEADOWS

T +971 4 453 4040

MEDICLINIC IBN BATTUTA

T 800 1999

MEDICLINIC ME'AISEM

T 800 1999

MEDICLINIC CITY HOSPITAL

T +971 4 435 9999

MEDICLINIC DUBAI MALL

T +971 4 449 5111

MEDICLINIC AL SUFOUH

T +971 4 247 8111

MEDICLINIC MIRDIF

T +971 4 701 6888

MEDICLINIC AL QUSAIS

T +971 4 602 8999

MEDICLINIC DEIRA

T +971 4 605 5999

ABU DHABI AND AL DHAFRA REGION 800 2000

MEDICLINIC AL NOOR HOSPITAL

MEDICLINIC AIRPORT ROAD HOSPITAL

MEDICLINIC KHALIFA CITY

MEDICLINIC AL MAMORA

MEDICLINIC BANIYAS

MEDICLINIC AL MUSSAFAH

MEDICLINIC GHAYATHI

MEDICLINIC MADINAT ZAYED

AL AIN 800 2000

MEDICLINIC AL JOWHARA HOSPITAL

MEDICLINIC AL AIN HOSPITAL

MEDICLINIC AL MADAR

MEDICLINIC ZAKHER

MEDICLINIC BAWADI

MEDICLINIC AL YAHAR

EXPERTISE YOU CAN TRUST.

UAE • SOUTH AFRICA • NAMIBIA • SWITZERLAND
www.mediclinic.ae

