

FETAL MOVEMENT/KICK COUNT INSTRUCTIONS

1. Find a quiet place at home, where you can relax either lying or sitting down, where there will be no interruptions for at least one hour a day. This will be your time to concentrate on your baby's movements. Adequate fetal movement is a good indicator of your baby's daily well-being.
2. Record the time that you start the test and the time you ended the test - you may stop the test after you have counted ten movements or kicks.
3. Along with your record of test start and stop times, please also record the number of minutes needed for your baby to move or kick ten times. (The average time this usually takes is 15-30 minutes.) Be sure to bring this record of your baby's movements/kicks with you to your next appointment with your Doctor or Midwife.
4. If your baby does not move or kick at least ten times in one hour, repeat the test IMMEDIATELY for an additional hour.
5. If during the second hour, your baby still does not move or kick the required ten times, CALL YOUR PROVIDER'S OFFICE IMMEDIATELY, to be brought in for further testing. Your Provider's phone number is-(239)432-5858

DAILY MOVEMENT/KICK COUNT RECORD

Date	Start Time	Stop Time	# Minutes Needed for Baby to Move 10 times

PROVIDING COMPASSIONATE, EXPERT CARE IN THREE CONVENIENT LOCATIONS

1265 Viscaya Parkway	Cape Coral, Florida 33990	(239) 574-2229
9021 Park Royal Drive	Fort Myers, Florida 33908	(239) 432-5858
5700 Lee Boulevard	Lehigh Acres, Florida 33971	(239) 432-5858