



**PREMIER**  
 WOMEN'S CARE  
**OF SOUTHWEST FLORIDA**

**FETAL MOVEMENT/KICK COUNT INSTRUCTIONS**

1. Find a quiet place at home where you can relax either lying or sitting down and where you will have no interruptions for at least one hour per 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 you start the test and the time you ended the test-you may stop the count after you have counted (10) 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 (10) 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 (10) ten times in one hour, repeat the test IMMEDIATELY for one additional hour.
5. If during your second hour, your baby does not move or kick the required (10) ten times, **CALL THE PROVIDERS OFFICE IMMEDIATELY**, to be brought in for further testing.
6. You can reach your provider at (239) 432-5858.

Date	Start Time	Stop Time	# Minutes Needed for baby to move (10) TEN times