



Professionals for Women's Health

Fetal Movement

Once you have reached 32 weeks in your pregnancy, a daily diary of your baby's movements provides useful information.

Please take one hour after breakfast or one hour after dinner and make a mark for each movement (flutters as well as kicks) noted during this time. You should lie on your left side during the entire time. Once you have reached six movements, you may stop.

Should the number of movements be fewer than 4 in one hour, drink 6-8 oz. of orange juice, wait twenty minutes and repeat the evaluation in the next hour.

If the decreased movement persists, call 268-8800 to speak to a nurse or a doctor
Please bring the completed form with you each visit.

Day	Date	Hour	Movement Countings
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			