Fetal Kick Counts

Performing "Kick counts" is a simple method for the pregnant woman to monitor the activity of her fetus during the last three months of pregnancy. The fetus normally has sleep/wake cycles or periods of activity and rest. Usually there are at least four noticeable movements or "kicks" each hour of the day. Such activity is reassuring.

To help monitor your baby for the remainder of this pregnancy you are requested to do the following:

1. Every day at the same, time pay attention to any kick or rolling movements of your baby. If four movements occur within 60 minutes, your baby has "passed the test". The best time to do the test is after a meal.
2. If by one hour you have not been aware of four movements, you may have been too busy with other activities. You should now lie down on your left side and pay close attention to the baby. If you still have not noted four movements in the next 60 minutes, please telephone the office (even on weekends and holidays). You may be requested to come into the office or to go to the hospital for further evaluation.
3. Please keep a written record of these "kick counts" on the form below and bring this record to your prenatal visits. By utilizing this technique of daily monitoring you may help us in assessing your baby's well-being prior to birth.

If you have any questions please do not hesitate to call the office at (408) 356-0431.

FETAL KICK COUNTS								
Date	**Hour of Day**	**Number of Fetal Movements**	**Date**	**Hour of Day**	**Number of Fetal Movements**	**Date**	**Hour of Day**	**Number of Fetal Movements**