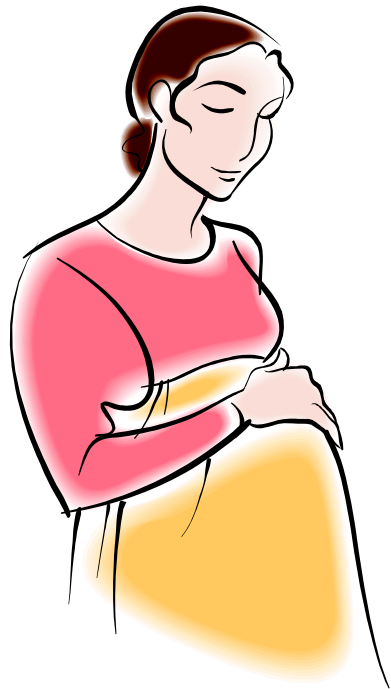




Fetal Movement Counts (FMCs)



What are Fetal Movement Counts (FMCs)?

Counting your baby's movements is a simple way of checking your baby's health during pregnancy. After you reach 27 weeks (7 months of pregnancy), you should do the Fetal Movement Counts (FMCs) everyday.

As a general rule, a baby is doing well if he or she moves at least 10 times within 2 hours in a day.

How Do I Do the Fetal Movement Counts?

FMCs are easy to do and can be done anywhere. Ask your doctor for more details. Here is a common method:

- Choose a time of day that your baby is the most active, or after a meal. Do the counts at the same time each day.
- Lie down on your side, or sit in a comfortable chair. Do not do anything else such as watch TV or talk to a friend. You need to focus on your baby's movements.

How Do I Do the Fetal Movement Counts?

- The first time you feel your baby move (a kick, stretch, turn, or flip), check the time and write it down. Count every movement until your baby has moved ten times. When you feel your 10th movement, write down the time. Bring the record with you when you see your doctor.
- Most babies move 10 times during an hour. But if you feel less than 10 movements in an hour, eat something or drink some juice. Then count again in the next hour.



When You Should Call the Doctor

- If your baby has not moved 10 times in two hours.
- If you have not felt the baby move all day (12 hours or more).
- If you notice a major change in your baby's activity.