

## Fetal Movement

Important information from your physician at Sparks & Favor, PC

Fetal movement is one of the most important indicators of fetal well-being. We recommend that you begin monitoring your baby's movement at 26-weeks gestation. All babies have normal sleep and wake cycles. It is best to assess your baby's movements during the time of day when he or she is most active.

We recommend that you lie on your left side in a quiet location and count the number of fetal movements during a one-hour time period. If your baby moves fewer than five times during that hour, continue counting for an additional hour. If you do not appreciate ten or more fetal movements during the two-hour time period, or if you are concerned there has been a subjective decrease in the level of your baby's activity, call the office immediately so that fetal testing (heart rate monitoring) can be arranged.

**FETAL MOVEMENT IS A VITAL INDICATOR OF YOUR BABY'S HEALTH. DO NOT DELAY IN CONTACTING YOUR OBSTETRICIAN IF YOU EXPERIENCE DECREASED FETAL MOVEMENT.**