



HIGHLAND CLINIC

THE WOMEN'S CLINIC

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Fetal Movement Instructions

TWO or MORE times a day (as directed for your pregnancy)

After eating (10 or 20 minutes after you finished a meal) most patients report an increase in fetal movement

How much movement is too much? There is no upper limit of normal; we are concerned only when there is too little movement.

You should feel at least **4** separate fetal movements in less than 30 minutes. As soon as you get to the 4th movement then you are finished for that time.



If you do not feel that much movement then.....

DO THIS

Total time (to do this test) = anywhere from 5 minutes to 1 hour (no more than 1 hour).

Lay down on your side and look at the time on a clock. In less than 30 minutes you should feel 4 fetal movements. As soon as you feel the 4th fetal movement then you are done. If you do not feel the baby move 4 times in that first 30 minute time frame then roll over to the other side and repeat the observation for another 30 minutes or until you feel 4 movements, whichever comes first. If you do not feel 4 movements in the second time frame then call the office for instructions.