

P. Ronen, MD, PA, F.A.C.O.G.

950 Threadneedle St Ste 282

Houston, TX 77079

Phone 713-464-4444

Fax 713-465-9718

FETAL MOVEMENT CHART

NAME: _____

DATE: _____

Large surveys show that the antepartum use of fetal movement counting (or kick counts) can decrease antepartum stillbirth rates. Kick counts are usually made by the pregnant women, who record the length of time, rounded to the nearest minutes that the fetus takes to make 10 movements. She may select any period of the day to count these movements, but fetuses are generally perceived to be most active in the late evening, after the mother has had dinner. Each fetus has its own degree of activity, but usually moves 10 times in less than 40 minutes. Patients are told that if the fetus requires more than 1 hour for 10 kicks they should contact their physicians. In such cases, follow-up may be either by the heart rate testing method or by biophysical profile.

*****CHART FETAL MOVEMENTS TWICE DAILY IMMEDIATELY FOLLOWING A MEAL. THE COUNT SHOULD BE AT LEAST 10 MOVEMENTS PER HOUR (WHEN YOU GET 10 YOU MAY STOP COUNTING). IF UNDER 10 MOVEMENTS IN 1 HOUR, PLEASE CALL OUR OFFICE OR GO TO LABOR & DELIVERY.

MORNING

MIDDAY

EVENING

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes
