



## **Southwest Ob / Gyn Associates, L.L.P**

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### **FETAL MOVEMENT**

The baby's movements within your uterus (womb) are a sign of well being.

Counting the fetal movements over a certain time period will help identify any real slowing down of the baby's movements.

Settle yourself in a comfortable seat (sofa), preferable after a meal. Count, with pen and paper, the number of times the baby moves in one hour. If you record four or more movements in one hour, the activity of the baby is adequate. If less than four movements are felt in one hour, count for an additional hour and divide the total by two. Eight movements in two hours is also adequate.

Please repeat this counting procedure twice at separate intervals. If a decrease does occur, please call the office so that additional monitoring of you and your baby can be done.