

Fetal Movement Count

One way to check your baby's health before birth is to count the number of times he or she moves in a certain period each day. This number is the fetal movement count. Babies do not move constantly. They may sleep and then wake up and move.

How to Record Fetal Movements

- Choose the time of day when your baby is most active.
- Rest on your left or right side. Get in a comfortable position.
- You may want to eat or drink something before counting fetal movements. Food can make your baby more active.
- Your baby may be more active if you move around shortly before doing counts.
- **Do not smoke.** Smoking is harmful to you and your baby. Smoking may make your baby less active for up to 90 minutes.
- Count all of your baby's movements—kicks, rolls, and big and little movements. Sometimes you can see a ripple or little bump on your abdomen when the baby changes position. Some women describe the movements as rolling, stretching or pushing. Each feeling of movement counts as one movement.
- If you cannot feel your baby moving on the inside, place your hands lightly on your belly and watch for movement.
- Look at a clock and write down the time you start counting.
- Each time the baby moves make a mark on the paper.

胎動計數

分娩之前檢查您的寶寶健康狀況的一種方法，就是數寶寶在每天的某一時段的胎動次數。這是胎兒動作的計數。寶寶並不總是始終在動。他們可能在睡覺，然後醒來並有動作。

如何記錄胎動

- 選擇您的寶寶在一天中最活躍的時候。
- 靠您的左側或右側休息。挑一個舒適的姿勢。
- 在數胎動次數之前，您不妨吃喝一點東西。
- 如果您在計數之前不久曾走動，您的寶寶可能會更加活躍。
- **不要吸煙。**吸煙對您和您的寶寶有害。吸煙可能會使您的寶寶不太活躍達 90 分鐘。
- 將寶寶的所有動作都計數—腳踢、翻身及大大小小的胎動。寶寶改變姿勢時，您有時會看到您的腹部呈波紋狀或有一小塊地方鼓起。有些女性對此類胎動的描述是翻身、伸展或推擠。每感到一次動作都計為一次胎動。
- 如果您沒有感到腹內胎動，請將手輕輕放在腹部並注意動作。
- 看著時鐘，寫下您開始計數的時間。
- 寶寶每次有動作時在紙上記下。

- **When you have counted 10 movements in an hour, stop counting.**
- If the baby moved fewer than 8-10 times in an hour, count the movements for another hour.
- **Call your doctor or nurse** if there are still less than 8-10 movements in that hour.

Call your doctor or nurse **right away** if you notice a big change in movement. Tell him or her when you last felt your baby move and if the movement changed slowly or suddenly. Your nurse or doctor may use other ways to check the baby such as listening to the baby's heart rate or monitoring the heart rate pattern over time.
Talk to your nurse or doctor if you have any questions or concerns.

- 如果您在一小時以內數到 10 次胎動，請停止計數。
- 如果一小時以內胎動少於 8 到 10 次，請再數胎動一小時。
- 如果在第二個小時以內胎動仍然少於 8 到 10 次，請致電給您的醫生或護士。

如果您注意到胎動發生重大變化，請立即致電給您的醫生或護士。請告訴醫生或護士您上次是在何時感到胎動，且胎動是慢慢還是突然發生變化。您的護士或醫生可能會使用其他方法來檢查寶寶，如聽寶寶的心跳，或監測較長時段的心率。如果您有任何疑問或疑慮，請與您的護士或醫生討論。

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Fetal Movement Count. Traditional Chinese