

# 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.

# 胎动计数

要检查你婴儿出生前的健康，一个办法是计算婴儿每天某个时段的胎动数字。这一数字是胎动计数。婴儿不是总在动。他们可能睡觉，然后醒来动一动。

## 如何记录胎动

- 选一天中你婴儿最活跃的时候。
- 靠左侧或右侧休息。躺一个舒服的姿势。
- 你可能有时在计胎动前要吃喝一点东西。食物能使你的婴儿更活跃。
- 如果你在计数前走动一下，你的婴儿可能会更活跃。
- **不要吸烟。**吸烟对你和你的婴儿有害。吸烟可能使你的婴儿不活跃达 90 分钟。
- 计算你婴儿的所有活动、踢腿、翻身以及大大小小的动作。婴儿改变姿势时有时你可在腹部看到波纹或小小的突起处。一些女性将动作描述为翻转、伸展或推动。对每一动作的感觉都计为一次胎动。
- 如果你不能感觉到婴儿在胎内动， 请将手轻轻放于腹部捕捉胎动。
- 看着钟并写下你开始计数的时间。
- 每一次婴儿有动作即在纸上作一记号。

- **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.**

- 如在一小时内数到 10 次胎动，请停止计数。
- 如果婴儿在一小时中动作少于 8-10 次，请再计一个小时的胎动。
- 如果那一小时的胎动仍少于 8-10 次，请打电话给你的医生或护士。

如果你注意到胎动有很大变化，请立刻打电话给你的医生或护士。告诉医生或护士你最后一次感到胎动的时间以及胎动是否慢慢或突然有变化。你的护士或医生可能用其他的方法检查婴儿，如听胎儿心率或监测一段时间心率的规律。若有任何问题或关注事宜，请告知你的医生或护士。

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Fetal Movement Count. Simplified Chinese