

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.
- 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.
- Use a piece of paper and a pen to mark down movements.
- Rest on your left or right side. Get in a comfortable position.
- Look at a clock and write down the time you start counting.
- Each time your baby moves make a mark on the paper.
- 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 your 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.
- **When you have counted 10 movements in two hours, stop counting.**

Brojanje pokreta fetusa

Jedan od načina da kontrolirate zdravlje Vaše bebe prije rođenja je da svakodnevno brojite pokrete koje ona napravi u određenom periodu. Ovaj broj se naziva broj pokreta fetusa. Bebe se ne mrdaju stalno. One mogu spavati, a onda se probuditi i početi mrdati.

Kako evidentirati pokrete fetusa

- Izaberite doba u toku dana kada je Vaša beba najaktivnija.
- Možda ćete htjeti nešto pojesti ili popiti prije brojanja bebinih pokreta. Hrana može dovesti do toga da Vaša beba bude aktivnija.
- Vaša beba može biti aktivnija ako se malo promeškujete prije nego što počnete brojati pokrete.
- **Nemojte pušiti.** Pušenje je štetno za Vas i Vašu bebu. Pušenje može prouzrokovati da Vaša beba bude manje aktivna i do 90 minuta.
- Uzmite papir i olovku koji će Vam poslužiti za bilježenje pokreta.
- Lezite na lijevu ili desnu stranu. Pronađite udoban položaj.
- Pogledajte na sat i zapišite vrijeme kada ste počeli brojati.
- Na papir zapišite crticu svaki put kada se beba pokrene.
- Brojite sve pokrete Vaše bebe—udare, okrete, velike i male pokrete. Ponekad, kada beba mijenja poziciju, na stomaku možete primjetiti nabor ili malu izbočinu. Neke žene ove pokrete opisuju kao valjuškanje, protezanje ili guranje. Svaki osjećaj da se beba pokrenula se računa kao jedan pokret.
- Ako ne možete osjetiti da se beba unutra pomjera, lagano spustite ruke na stomak i pratite pokrete.
- **Nakon što izbrojite 10 pokreta u toku dva sata, prestanite s brojanjem.**

When to Call Your Doctor

Call your doctor or nurse if you:

- Have less than 10 movements in two hours.
- Notice a big change in movement. Tell your doctor or nurse when you last felt your baby move and if the movement changed slowly or suddenly. He or she may use other ways to check your baby such as listening to the baby's heart rate or monitoring the heart rate pattern over time.
- Have any questions or concerns.

Kada trebate zvati ljekara

Pozovite svog ljekara ili medicinsku sestru ako primijetite:

- manje od 10 pokreta u toku dva sata;
- veliku promjenu bebinih pokreta. Recite svom ljekaru ili medicinskoj sestri kada ste posljednji put primijetili da se beba pokrenula i da li se pokret promijenio sporo ili iznenada. Vaša medicinska sestra ili ljekar mogu na druge načine provjeriti bebino stanje slušanjem otkucaja bebinog srca ili praćenjem ritma otkucaja srca u toku određenog vremenskog perioda;
- ako imate bilo kakvih pitanja ili briga.

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