

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.**

胎动计数

要检查您宝宝出生前的健康，一个办法是计算宝宝每天某个时段的胎动次数。这一数字是胎动计数。宝宝不是总在动。他们可能睡觉，然后醒来动一动。

如何记录胎动

- 选一天中您宝宝最活跃的时候。
- 您可以在计胎动前要吃喝一点东西。食物能使您的宝宝更活跃。
- 如果您在计数前走动一下，您的宝宝可能会更活跃。
- **不要吸烟。**吸烟对您和宝宝有害。吸烟可能使宝宝不活跃达 90 分钟。
- 用纸和笔记录胎动次数。
- 靠左侧或右侧休息。找一个舒服的姿势躺下。
- 看着钟并写下您开始计数的时间。
- 每一次宝宝有动作即在纸上作一记号。
- 计算宝宝的所有活动 - 踢腿、翻身以及大大小小的动作。宝宝改变姿势时有时您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。感受到的每一动作都计为一次胎动。
- 如果您感觉不到宝宝在胎内的动作，请将手轻轻放于腹部，捕捉胎动。
- **如在两小时内数到 10 次胎动，请停止计数。**

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.

什么时候打电话给医生

如果出现以下情况，请打电话给您的医生或护士：

- 两小时内胎动次数少于 10 次。
- 如果您注意到胎动有很大变化，请立刻打电话给医生或护士。告诉医生或护士您最后一次感到胎动的时间以及胎动是否缓慢变化或突然有变化。您的护士或医生可能用其他的方法检查宝宝，如听胎儿心率或监测一段时间心率的规律。
- 若有任何问题或担心。

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Fetal Movement Count. Simplified Chinese.