Counting fetal movements is one way in which you may play an important role in checking the health of your baby. By counting and recording the number of movements made by your baby each day, you create a profile of your baby’s activity during the final weeks of your pregnancy. 

Please bring this record with you each time you visit the doctor’s office, clinic or hospital.
INSTRUCTIONS

1. Count the baby’s movements **EVERY NIGHT**.
2. A movement may be a kick, swish or roll. Do not count hiccups or small flutters.
3. You can start counting any time in the evening when the baby is active. **BUT, COUNT EVERY NIGHT.**
4. Count the baby’s movements while lying down, preferably on your left side.
5. Mark down the **time** you feel the baby move for the first time.
6. Mark down the **time** you feel the tenth fetal movement.
7. You should feel at least 10 fetal movements within one hour.

Call Labor and Delivery at Jacobs Medical Center in La Jolla (858-249-5900) or UC San Diego Medical Center in Hillcrest (619-543-6600) **IMMEDIATELY** if:
   a. you do not feel 10 movements within 1 hour.
   b. it takes longer and longer for your baby to move ten times.
   c. you have not felt the baby move all day.

**DO NOT WAIT UNTIL TOMORROW!**