Greenbrier Obstetrics and Gynecology, P.C.		
Name:	Due date:	
Physician's phone number: (757) 547-4500		

FETAL KICK COUNT CHART

One way for your physician to keep track of your baby's health is by knowing how often the baby moves (or "kicks") in your womb. You can help your physician do this by using this chart every day.

What should you call a movement? It is hard to say, because it will feel different from one mother to another and from one pregnancy. If you have more questions, you should ask your physician.

EVERY day, you should see how many hours it takes for your baby to move ten times. Start in the morning, as soon as you get up.

- 1) Write down the time when you start counting in the first column.
- 2) Check each box as you feel it (kicks, flutters, rolls, etc).
- 3) As soon as you recorded 10 movements or "kicks," record the time in the last column.
- 4) Total how long it took to count up all ten movements.
- 5) After counting 10 movements, you no longer have to count any more that day. The next morning, just start counting again as soon as you get up.

IMPORTANT:

YOU SHOULD CONTACT YOUR PHYSICIAN IF IT TAKES MORE THAN 2 HOURS FOR YOU TO FEEL 10 MOVEMENTS!!!

Kick Count Chart Example:

	Start Time	1	2	3	4	5	6	7	8	9	10	Finish Time
Mon.	8:20	٧	٧	٧	٧	٧	٧	٧	٧	٧	٧	11:40
Tue												
Wed.												
Thu.												
Fri.												
Sat.												
Stat												

FETAL KICK COUNT CHART:

EACH MORNING, WRITE DOWN THE TIME AND START TO COUNT THE MOVEMENTS OF YOUR BABY. KEEP TRACK BY CHECKING OFF ONE BOX EVERY TIME YOU FEEL ONE MOVEMENT. WHEN YOU HAVE FELT 10 "KICKS," WRITE DOWN THE TIME YOU FINISHED COUNTING IN THE LAST COLUMN. THEN FILL IN THE BOX (OVER THE CHECK MARK) FOR THE NUMBER OF HOURS IT TOOK. BE SURE TO READ THE COMPLETE INSTRUCTIONS ON THE OTHER SIDE.

IF BABY DOES NOT MOVE TEN (10) TIMES IN 2 HRS, CONTACT THE OFFICE OR PHYSICIAN ON CALL IMMEDIATELY.