

# Fetal Movement Awareness

## When and why should I do a fetal movement count?

It is a good idea to get into a habit of checking in mentally with your baby several times throughout every day. A good time to do this is at mealtimes. Feeling your baby move frequently is a reassuring sign that all is well with your baby. If at any point after 28 weeks you have not been aware of a normal amount of movements for your baby, you should do a fetal movement count.

## How do I do a fetal movement count?

Count until you have felt 6 movements or until 2 hours have passed. This is how to do a fetal movement count:

1. Go to a room in your home where you will not be disturbed.
2. Get comfy on your bed, couch, or recliner and place your hands on your belly. Note what time you start.
3. Count the baby's movements until you have counted 6 distinct movements. (A cluster of movements counts as 1 movement.)
4. As soon as you feel 6 movements, you are done, and you can be reassured. This may only take a few minutes, but it could take up to 2 hours.

## What if you don't feel at least 6 movements in 2 hours?

If you have counted for 2 hours and did not feel at least 6 movements, page the on-call care provider right away.

**Call the Urgent Line at 604-945-2468, and press '0' to page.**  
If you haven't heard from a care provider in 15 minutes, please page again.

# Preterm Labour

Preterm labour is any labour before 37 weeks of gestation.

Please contact the on-call care provider **immediately** if you have any of these symptoms **before 37 weeks gestation**:

- Rhythmic menstrual type cramping (6 or more in an hour)
- Gush of watery fluid from the vagina – enough to need a menstrual pad
- Increase in pressure or back pain from what's normal for you in your pregnancy
- Bloody discharge or "show" (light spotting or pinkish discharge after intercourse is normal)

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