

Fetal Movement Awareness

We recommend that you check in with your baby several times every day. Feeling your baby move frequently is a reassuring sign that all is well with your baby.

Key point: If, at any point after 26 weeks, you have not been aware of a normal amount of movements for your baby, please call the Urgent Line (press '0' to page the on-call provider) or present to RCH hospital labour and delivery right away.

You may choose to do a fetal movement count as follows:

1. Get comfortable on your bed, couch, or recliner and place your hands on your belly. Note the time that you start.
2. Count your baby's movements until you have counted 6 distinct movements. (A cluster of movements counts as 1 movement.)
3. 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 778-355-9636, and press '0' to page the on-call provider.
If you haven't heard from a care provider in 15 minutes, please page again.
If you haven't heard from a care provider in 30 minutes, please go to RCH hospital labour and delivery.

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)

Call the Urgent Line at 778-355-9636, and press '0' to page the on-call provider.
If you haven't heard from a care provider in 15 minutes, please page again.
If you haven't heard from a care provider in 30 minutes, please go to RCH hospital labour and delivery.