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BABY'S MOVEMENT

PATIENT IDENTIFICATION

DATE

You started feeling your baby move between your fourth and fifth month of pregnancy, although the baby was moving actively way before then. As the baby got bigger, and his/her muscles got stronger, you've been more and more aware of the baby's movements.

The vigorous movement you feel now is often a good sign of a healthy baby. As you poke and push at your pregnant tummy, notice how the baby will respond by moving and kicking! Try it. This too is a healthy sign.

Just like you, your baby needs sleep. These rest periods usually last 20 minutes. Then your baby will wake up and become active again.

Each baby is already a little person with special active times. You know your baby better than anyone else.

However, if you do notice that your baby moves less than usual, lie down on your left side for an hour after eating a meal and count the number of movements you feel. Feeling three or more movements within that hour is perfectly normal. So relax, but keep checking on the baby's movement.

CALL YOUR DOCTOR OR CLINIC IF ONE OF THE FOLLOWING OCCURS:

1. You feel less than three movements while lying down for an hour.
2. Despite feeling three or more movements in the hour, you still notice that the baby moves less and less as the day goes on.

It's important to follow these instructions, as a decrease in your baby's movement can be an unhealthy an unhealthy sign.

SPECIAL INSTRUCTIONS

FINDINGS / RECOMMENDATIONS

I have read these instructions, and understand them as they have been explained to me.

PATIENT'S SIGNATURE

DATE / TIME

PHYSICIAN'S SIGNATURE

DATE / TIME

NURSE'S SIGNATURE / TITLE

DATE / TIME

WHITE - Medical Records

YELLOW - Patient

PART OF THE MEDICAL RECORD