



## REDUCED FETAL MOVEMENTS

It can be useful to become familiar with the individual pattern of your baby's movements. If you are concerned about reduced movements, please do not wait until the next day

### What are fetal movements?

- From approximately 18 to 20 weeks of your pregnancy you may start to notice tiny 'fluttering' sensations in your uterus.
- As your pregnancy progresses and your baby becomes bigger, his/her movements will become more noticeable. Your baby may also get hiccups which can feel like rhythmic jerking movements.
- The growing baby results in less room in your uterus. The baby's movements may feel different but they should still be at frequent intervals throughout the course of the day.
- You should become familiar with the pattern of fetal movements of your baby, in order to recognise periods of the day when your baby has been quiet and not moved as much or when you are expecting him/her to.

### If you notice a reduction in baby's movements what should you do?

It may be that you have been busy; for example, at work, shopping or caring for other family members and have not noticed your baby's movements.

- We would advise that you lie on your left side and focus on your baby's movements for an hour.
- If during the 1 hour period, you feel 4 – 12 separate movements from your baby there is no need for further follow up.
- If in the 1-hour period your baby moves less than 4 times, repeat the count in the next hour.
- If fetal movements are still less than 4 you need to seek medical assistance immediately.
- Proceed to the hospital Maternity unit where you will be assessed by a midwife.
- Your midwife will put you on a monitor called a CTG which records your baby's heartbeat.
- The midwife will then contact your doctor. You should make a conscious effort to monitor your baby's movements from 28 weeks.

•Source: Sellers 'Midwifery, 2nd edition.



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