

FETAL KICK/MOVEMENT COUNTING

One of the best ways to keep track of a healthy baby is to notice its movements. Healthy babies are generally very active, especially in the evening or after a meal. Some perfectly healthy babies, however, may sleep quietly for as long as 60 minutes with or without movements. Babies who are having problems may be sluggish and move less. Counting your baby's movements may provide us with a warning of developmental problems.

You can begin counting around 34 weeks. Some pregnant women choose to make fetal movement counting a daily routine until delivery. The instructions below are to help you and our staff be sure that your baby is doing well.

1. You may count anytime of the day when you feel the baby is most active. For most women, the best time will be in the evening after dinner when lying down quietly. To stimulate a sleepy baby, drink something cold or hot, or eat or drink something sugary. Lying on your side, especially on the left, is best. Record the time as you begin counting.
2. Count 10 separate times the baby moves. A movement may be a kick, turn, flip or any combination. It may be easier to feel the movements by placing your hand on your belly.
3. Record the time when you've felt the 10th movement. Your goal is to feel 10 movements within 2 hours. It is okay if you feel all 10 movements in the first 30 minutes.

Call the office at 425-899-6400 if:

- You do not feel 10 movements in two hours
- You have not felt your baby move all day, especially after trying to stimulate your baby.

PREMATURE LABOR SIGNS AND SYMPTOMS

Premature labor will present itself with a combination of most of the following symptoms:

- Menstrual-like cramps (constant, or coming and going)
- Low, dull, menstrual-like backache (constant, or coming and going)
- Pressure (feels as though the baby is pushing down)
- Abdominal cramping (with or without diarrhea)
- Increase in vaginal discharge (mucous-like, watery, bloody discharge)
- Uterine contractions, noting four to six or more per hour with adequate hydration

Contraction:

Repetitive hardening of abdomen as though the baby is in a ball or as though you have a basketball under your skin. The skin will not be easily pushed in.

Always call our office number, (425) 899-6400, any time an emergency arises, no matter what time of day or night. If the office is closed, you will hear a recording; follow the instructions to reach the answering service operator. The answering service knows which doctor is on call and how to contact him/her.

WARNING SIGNS

If you experience any of the following symptoms, please call the office immediately.

- Vaginal bleeding
- Sudden gush or uncontrollable leaking of fluid from the vagina
- Sudden puffiness of hands, feet, or face
- Abdominal pain that persists after rest, position change and heat
- Severe, persistent headache that does not go away with Tylenol (acetaminophen), rest or a caffeinated beverage
- Dizziness or fainting
- Blurred vision or spots before your eyes
- Persistent nausea, vomiting or diarrhea
- Painful or burning sensation while urinating
- Irritating vaginal discharge

When to see your Primary Care Provider

- Persistent temperature of 100 F or higher
- Chills with fever
- Severe sore throat
- Ear pain
- Green tinge or blood in nasal secretions or sputum
- Any symptoms not related to your pregnancy