Bossier Healthcare for Women

MATERNAL FETAL TESTING

L. GREGORY BLANTON, M.D.
J. Scott Robertson, M.D.
Tammi Herkey WHNP-C
Jessica Carter WHNP-C
(318) 212-7840 OFFICE
(318) 212-7181 L & D

1. What is a **kick count?**
   - Lie down on left side after breakfast or dinner and count for 30 minutes, If 3 movements present repeat at next time.
   - If 2 or fewer turn to right side and repeat.
   - If normal repeat test at next interval.
   - If 2 or less movements notify Office (318) 212-7840 or Labor & Delivery (318) 212-7120 Small movements count as much as large kicks.
2. What is a Movement Calendar??
   - It is a daily record of how quickly the baby reaches 10 movements in a day.
   - These do not have to be large kicks; just a subtle movement is counted as well.
   - When you feel the first movement of the day record the time on the calendar.

- After the baby has moved 10 times record that time of day on the calendar.
- If the baby does not move 10 times in the whole day, call the Office or Labor & Delivery.
- Write down the amount of time required to reach 10 movements each day.
- If the Time gets longer than normal notify the Office or Labor & Delivery.
- Bring Calendar to each OB visit.

3. When do I do kick counts?
    - It is recommended to do them daily twice per day after 28 weeks of gestation by the Society of Maternal-Fetal Medicine (High Risk OB physicians.)
    - By doing so one can reduce the risk of stillbirth dramatically.
    - The standard stillbirth rate is 1 per 1000 deliveries, with kick counts it can be reduced to 1 per 5000 deliveries.
4. When do I do a Movement Calendar?
    - A Physician will recommend this and you will be given a graph to use.
    - For **High-Risk** pregnancies it is fairly standard after 28-34 weeks depending on the diagnosis.
    - This will also be accompanied by Fetal testing in the office (Non-Stress test & Biophysical Profile) on a weekly basis.
5. Why do I do these counts???
    - Fetal movement documentation can lead to a 5-7 times decrease in the chance of having a stillbirth (baby dies before labor).
    - The fetus will stop moving long before it gets into **Imminent Danger** and therefore it is an early **Warning Sign!!!**
    - Therefore, faithful fetal movement documentation can avoid many unforeseen problems in pregnancies.

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