



## KICK COUNTS

As you begin your third trimester of pregnancy, we would like you to help us monitor your baby's well-being. We are already checking your urine and blood pressure and measuring your uterine size. Keeping track of your baby's activity is another easy, safe, non-invasive, and inexpensive way to give us one more indication of the baby's health.

By the time you are asked to do kick counts, your baby will have established periods of activity. These active periods may be anytime, but frequently occur after your meals.

We are asking all pregnant women in our practice as a matter of routine to keep track of "kick counts" once daily from this point until birth. "Kicks" refer to your baby's movements, including: twists, turns, rolls, kicks, and punches.

To begin doing kick counts determine the times your baby is the most active. Then, at that given time, count your baby's movements. If possible, lay on your left side during your kick counts. Record the length of time it takes your baby to move 10 times. If you do not get **10 movements in 2 hours**, please contact our office. If it is after hours, your call will be answered by the answering service and they will contact the provider on call. The provider will return your call and give you instructions.