WHO TO CONTACT IF YOU ARE CONCERNED:
(space for sticky with local contact information)

St George's University Hospitals NHS
NHS Foundation Trust

Day Assessment Unit
4th Floor Lanesborough Wing
Tel: 020 8725 0863
Mon – Fri 9 - 5pm
Saturday – 10 - 5pm

Out of hours -
Delivery Suite on 020 8767 4654

FMU_RFM_01 July 2018
After 27 weeks you may have an ultrasound scan on the day or the next working day between 9 - 5pm. This checks how your baby is growing, the blood flow and the amount of amniotic fluid around your baby.

In most cases these tests and checks usually provide reassurance that all is well. A proportion of women who notice reduced fetal movement have a problem with the baby's growth. However, most women who experience an episode of reduction in their baby's movements have a straightforward pregnancy and go on to deliver a healthy baby.

When you go home you will be asked to keep an eye on your baby’s movements. If your baby’s movements reduce again, you should contact your midwife or local maternity unit immediately.

Do not hesitate to contact your midwife or local maternity unit for advice no matter how many times this happens.
If you have not felt your baby move as he or she would usually move then:

1: Find space and time to lie down for one hour on your left side.
2: Have a hot or a cool drink.
3: Don’t watch TV or read or become otherwise distracted.

If you are still worried that your baby has stopped moving or is moving less than normal, call your maternity unit immediately. You should also call straight away if your baby has gradually reduced their movements over several days.

Get help straight away. DO NOT WAIT UNTIL THE NEXT DAY TO SEEK HELP

One of the easiest ways to tell if your baby is healthy is to see how much he or she is moving. This booklet tells you what to look out for during your pregnancy.

Every baby is different. It is good to get to know your baby’s own movements and the pattern of their sleeping and waking and report to us if you notice a reduction in these movements.

18-24 WEEKS

Most women begin to feel their baby move between 18-24 weeks. At first it may feel like ‘bubbles’, ‘flutterings’ or ‘like trapped wind’. These are often very short and stop and start. It might take you a little while to be sure what you are feeling. But you will soon get to know the feelings. If this is your second baby, you will know what to look out for and may recognise your baby moving sooner.

Everyone is different when it comes to their movements. There are many reasons you might not feel movements as early as you expect. This includes your body weight, the position of your baby and the location of your placenta. What is important is your baby is growing well. Your midwife will be able to discuss this with you further at your 22 week check.
24-36 WEEKS

You will have your own way of describing your baby’s own movements. Women often describe their baby’s movements as ‘rolling’, ‘kicking’, ‘pushing’, ‘jabs’, ‘elbowing’ and ‘stretches’.

Between 24-36 weeks you will start to recognise your baby’s movements more quickly and become more used to the feeling. It is usually easier to feel your baby’s movements when you are lying down, e.g. at night time. It is harder to feel your baby move when you are on your feet and moving around.

Try to get to know the times of the day you are most likely to feel your baby move. This will help you to know if he or she is moving less than normal or if movements have stopped.

Occasionally your baby will get hiccups. These do not count as movements. If you are unsure what you should expect when your baby hiccups, speak to your midwife.

36-42 WEEKS

At 36-42 weeks, your baby will have less room for big movements and what you are likely to feel are arm or leg movements, and rolling.

Your baby’s movements might feel different, but how often your baby moves should not. If you notice that your baby has not moved as much as usual, or if the movements stop, follow the advice contained in this booklet.

Some people may tell you that your baby will move less frequently in late pregnancy and before you go into labour. This is not so. It is important that you report any change, as it might be a sign that your baby is unwell.