

Patient Information Leaflet

Fetal movements during pregnancy



Produced by:
Maternity Department

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

Introduction

Most women normally start feeling their baby moving between 18 and 24 weeks of pregnancy. Movements can be a kick, swish, flutter, roll or limbs poking out and are your best sign of a well-baby. There is no set number of movements; your baby will have their own pattern that you should get to know. You will be aware of your baby's movements more and more up until 32 weeks pregnant, when they will stay roughly the same.

What do I do if I am worried about my baby's movements?

- It is important to lie down & rest, mainly on your left side for 2 hours. When you are busy or standing, you can't always feel them moving.
- Try a cold drink, something sugary or anything else that normally gets your baby moving.
- Put your hands on your bump to try and feel the movements from the outside. Sometimes you're not always aware of the movements.

It is important to call your midwife or the maternity unit straight away. You **should not** wait until the next day to seek advice.

What will happen when I'm worried about my baby's movements?

Under 24 weeks pregnant:

Contact your community midwife or maternity co-ordinator who will arrange to listen to the baby's heartbeat, especially if you have never felt any movements. You may also be offered an ultrasound scan.

Between 24 weeks and 28 weeks pregnant:

Contact your community midwife or maternity co-ordinator between the hours of 08.30 – 16.30 Monday to Friday, or the maternity unit outside of these hours **immediately**. You will be offered an antenatal check-up, and an ultrasound scan may be arranged if there are any concerns.

Over 28 weeks pregnant:

Contact the maternity unit **immediately**. You will be offered an antenatal check-up, including a continuous fetal monitoring of your baby. This monitoring lasts about 20–30 minutes so that we can interpret your baby's heartbeat. An ultrasound scan may be arranged if there are any concerns.

Why are my baby's movements important?

A reduction in movements can be a sign that your baby is unwell; however in most cases these checks reveal all is well. Most women who experience one episode of reduced movements have a straightforward pregnancy and healthy baby.

Should I use a Home Doppler to check how my baby is?

Do not use any hand held monitors, Dopplers or phone apps. A present heartbeat does not always mean that your baby is well, and can give you some false reassurance. It is important to see a midwife who can interpret the heartbeat or continuous monitoring. Sometimes the home machines can pick up the placenta or double your pulse rate.

What should I do if my baby's movements are reduced again?

Try the things to encourage your baby to move, and if you are still worried you should contact your midwife, the maternity co-ordinator or the maternity unit **immediately**.

Sources and acknowledgements

This information is based on the RCOG guideline 'Reduced Fetal Movements' (February 2011).

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If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at:
www.nhs.uk

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.