



Niitty – Developing a Peer-based Family
Training Model for Immigrants

MONITORING THE MOVEMENTS OF THE FOETUS, I.E. FETAL MOVEMENT COUNTING

Sikiön liikkeiden tarkkailu eli liikelaskenta



The foetus moves and sleeps in the womb

Already in the womb, the foetus has his or her individual rhythm and way of moving.

The number of movements the foetus makes remains fairly constant until delivery, although the way the movements feel to you may change over the course of your pregnancy.

Often the foetus is more lively and moves more in the evening and early night-time. There are then between 5 and 50 movements per hour.

The periods of movement are followed by periods of rest lasting about 20–40 minutes, during which the foetus sleeps. You cannot feel movement then.



When should you count fetal movements?

If the pregnancy has advanced normally, no fetal movement counting is necessary.

However, counting is necessary in high-risk pregnancies, and your nurse will provide you with instructions on how to do it.

After the due date has gone, fetal movement counting is started on week 41 of the pregnancy.



How to carry out fetal movement counting



Fetal movement counting is always performed **in the rest position.**

The counting can be done at any time of the day. The foetus is the most active late at night.

Before starting the counting, drink something cold and sweet to increase the foetus's movements.

Lie down on your left side. You should lie on something fairly hard, because this will help you to feel the movements better.

Count all the movements you feel for a period of an hour. The hiccup is not counted as a movement. **When you have counted 10 movements you can stop. This means that the foetus is moving normally.**

If you feel less than 10 movements in that hour, continue to monitor them for another hour. Take a short break between the periods of monitoring, walk and drink something cold and sweet.

If the foetus moves at least 10 times during the second hour, everything is as it should be.



If you count less than 10 movements during the second hour, please contact the obstetrics emergency unit.



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<https://projects.tuni.fi/niitty/>

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