

*Abilene Physicians Group
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Fetal Kick Counts

A simple, easy way to confirm your baby's well being is to do fetal kick counts. There are many different ways to do this, but a proven way is a "count to 10" method. You only need to do this if you think your baby is moving less than usual; you don't have to do this every day. This method is reliable after about 26-28 weeks (before then, fetal movements may not be regular or able to feel regularly).

- Lie down in a quiet area, free of distractions
- Noting the time, see how long it takes to get 10 distinct fetal movements. Each movement counts, so you may get 3 or 4 movements in a row (all will count).
- You should be able to get 10 movements before 1 hour is up (often time you will get them sooner).
- If you do not get 10 movements in the first hour, then get up and get something to eat or drink. Some experts believe that glucose (sugar), or something cold may stimulate the baby. Then lie down and do another count.
- If you do get not 10 movements in the second hour, please call the office. If it is after office hours, it will direct you to our answering machine.
- We may then direct you for further testing, such as non-stress test. Usually everything is okay, but we would like to make sure of that.

Preterm Labor

It is normal to have some light cramping or contractions during your pregnancy. During the late second and third trimesters we often call them "Braxton Hicks" contractions. However, if these cramping or contractions become painful, they could be signs of preterm labor (any labor before 36 weeks of pregnancy). If you have some cramping, contractions, or tightness in the abdomen that hurts or takes your breath away, lie down and drink lots of water. Rest and hydration should resolve most of these. However, if the contractions persist, especially if you are having more than 4 to 6 per hour, we would like you to call us. Call the office, and if it is after hours, the message will direct you to our answering service. If you are not in the local area, go to the nearest hospital that delivers babies to be seen.

Please let our office know if there is anything we can do better to help meet your health care needs.