



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰیں: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Your baby's movements in pregnancy Maternity Unit



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dr Gkrozou

Department: Maternity

Version: 1

Published: September 2017

Review: September 2020

References:

1. NICE CG62 (2017) – Antenatal Care for uncomplicated pregnancies
2. RCOG Green-top Guideline No. 57 (2011) Reduced fetal movements
3. Tommy's & NHS England (Jan 2016) Feeling your baby move is a sign that they are well

Your baby's movements in pregnancy

Most women are first aware of their baby's movements at around 18-24 weeks pregnant. If this is your first pregnancy it may be after 20 weeks that you first feel your baby move. If you have been pregnant before, you may feel movements as early as 17 weeks.

What does a baby movement feel like?

Pregnant women describe their unborn baby's movements as a flutter, kick, roll, or swish.

What are normal movements for an unborn baby in pregnancy?

You should become familiar with the pattern of fetal movements for your baby, in order that you can recognise periods of the day when your baby has been quiet and not moved as much.

During both day and night, your baby has sleep periods that mostly last between 20 and 40 minutes, but are rarely longer than 90 minutes. Your baby usually does not move during these sleep periods.

The number of movements tend to increase until 32 weeks of pregnancy and then stay the same, although the type of movement may change as you get nearer to your due date. Often if you are busy, you may not notice all of your baby's movements.

Why is it important to be aware of my baby's movements?

A baby's movements indicate his or her wellbeing. If you notice your baby is moving less than usual or if you notice any change in pattern of the movements, it may be the first sign that your baby is unwell. Please contact the hospital Maternity Triage on 01932 722835.

What factors can affect me feeling my baby move?

You are less likely to be aware of your baby's movements when you are active or busy. If your placenta is situated at the front of your womb, this can also be another reason for not feeling the baby move. Some women with a high BMI also find it difficult to feel all the baby's movements.

Alcohol and smoking may affect your baby's movements. There are also some drugs, such as strong pain killers, which can make the baby move less. In some cases, a change in baby's movements can be an indication of a baby being unwell. Very rarely, a baby can have a condition affecting the muscles or nerves that causes him or her to move very little or not at all.

How can I monitor my baby's movements?

There is not enough evidence to recommend the routine use of movement charts. It is important to be aware of your baby's pattern of movements.

Do not use a home Doppler, hand-held monitor, or phone app to check your baby's wellbeing, as they can be misinterpreted and do not always give an accurate picture of your baby's health.

When should I contact the hospital?

Please call the Maternity Triage on 01932 722835 straight away if there is any change to the regular pattern of your baby's movements. You will be asked to go in for assessment.

You must NOT WAIT until the next day to seek advice if you are worried about your baby's movements.

What will happen in the hospital?

Depending on your stage of pregnancy, the midwife may listen to your baby with a Doppler, or record a trace of your baby's heartbeat.

What if my baby's movements are reduced again?

If you have further concerns about your baby's movements, even if you have had a previous check-up, you must contact Maternity Triage (01932 722385) straight away.

Never hesitate to contact the hospital for advice, no matter how many times this happens.