



## *Discharge Instructions*

# DECREASED FETAL MOVEMENT

Babies at 28 weeks or greater should move at least 10 times in two hours. If you do not experience this, do the following.

- Drink something cold or something with some sugar in it.
- Lie down on your side in a quiet, dark room so you can focus on the movements.

**MOVEMENT SHOULD OCCUR WITHIN 30-45 MINUTES OF CONSUMING YOUR DRINK. IF MOVEMENT DOES NOT OCCUR, RETURN TO THE LABOR AND DELIVERY DEPT OF THE HOSPITAL IN WHICH YOU PLAN TO DELIVER AS SOON AS POSSIBLE.**

Your Diet Matters...

Make sure you are consuming a well rounded diet, with plenty of protein. Be mindful of your sugar intake (keep it to a minimum).

Make sure you are consuming at least 8 glasses of water daily.

Take frequent rest periods.

**Daily kick counts** – Pick a time when your baby is most active. Track how long it takes for your baby to move 10 times. It is a reassuring sign if it takes two hours or less.