

## **OB GYN SPECIALISTS OF LIMA, INC.**

*Kindness, Compassion, Excellent Care*

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### **FETAL MOVEMENT COUNTING**

1. Each day, count the number of times your baby moves.
2. When the baby has moved 10 times you may stop counting.
3. If your baby has not moved 10 times by evening, eat some fruit or drink fruit juice, then lie down on your left side in a quiet room. Start counting the baby's movements again. **If your baby has not moved 4 times in the next hour go immediately to the hospital.**