

## COMMON QUESTIONS

- **Can I make my baby move?**

No. Do not delay getting checked at the hospital by drinking cold water or eating something sugary to try and get your baby moving. Call The National Maternity Hospital 24-hour switch board on 01 637 3100 and ask to speak to a Midwife to let them know you are coming in now for an assessment. If you are experiencing any delay in contacting the hospital do not wait, go directly to the hospital.

- **Can I use a home Doppler to check my baby's heartbeat?**

No. Call The National Maternity Hospital 24-hour switch board on 01 637 3100 and ask to speak to a Midwife to let them know you are coming in now for assessment. If you are experiencing any delay in contacting the hospital do not wait, go directly to the hospital. Do not use handheld monitors, Doppler's, or phone apps to check your baby's heartbeat. Even if you detect a heartbeat, this does not mean your baby is well.

- **What if I notice a change in my baby's movements again?**

Call The National Maternity Hospital 24-hour switch board on 01 6373100 and ask to speak to a Midwife to let them know you are coming now for an assessment. If you are experiencing any delay in contacting the hospital do not wait, go directly to the hospital. You're always doing the right thing by getting your baby checked. Even if everything was fine last time, your baby must be checked again. Your baby might require additional monitoring, or you might be admitted to our antenatal ward.

## WHERE CAN I GET MORE INFORMATION?



SCAN HERE

### Baby Movements in Pregnancy - Tommy's - NHS

<https://www.tommys.org/pregnancy-information/pregnancy-symptom-checker/baby-fetal-movements>



SCAN HERE

### 'Movements Matter' Video - Tommy's - NHS

<https://m.youtube.com/watch?v=YQUHSXvGQ30>

## CONTACT



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**[www.nmh.ie](http://www.nmh.ie)**



The National Maternity Hospital



# REDUCED FETAL MOVEMENTS

## MY BABY'S MOVEMENTS

Feeling your baby move is a sign that they are well. When babies are unwell, they sometimes slow down their movements. This is to save energy.

If you have any concerns about your baby's movements call The National Maternity Hospital **24-hour switch board on 01 637 3100** and ask to speak to a Midwife to let them know you are coming in now for an assessment.

**If you are experiencing any delay in contacting the hospital do not wait, go directly to the hospital.**

## HOW OFTEN SHOULD MY BABY MOVE?

You should start to feel your baby move around 16 to 20 weeks of pregnancy. A baby's movements can be described as anything from a kick, flutter, swish, or roll.

There is no set number of movements you should feel each day – every baby is different. Babies move throughout the day with movements usually increasing in the evening.

All healthy babies will be quiet or sleep for short periods of time. Babies usually sleep 20 to 45 minutes at a time (rarely longer than 90 minutes). Your baby will usually not move during these sleep periods.

If your baby's movements change at a time when they are normally active, then there may be cause for concern. It's important to get to know what's normal for your baby (this is your baby's pattern of movement). Babies do not run out of room or slow down towards the end of pregnancy.

## WHY ARE MY BABY'S MOVEMENTS IMPORTANT?

No movement, less movement or kicks, weaker movements or kicks, or an unusual rapid increase in movement can be an early sign, and sometimes the only warning sign, that your baby needs to be checked at the hospital. Most women who had a stillbirth noticed their baby's movements had changed.

Trust your gut instincts.

## WHAT SHOULD I DO IF MY BABY'S MOVEMENTS STOP, SLOW DOWN, OR ARE WEAKER?

If you notice any changes or feel concerned, call The National Maternity Hospital 24-hour switch board on 01 637 3100 and ask to speak to a Midwife to let them know you are coming in now for assessment.

**If you are experiencing any delay in contacting the hospital do not wait, go directly to the hospital.** You are not wasting their time. Don't wait until the next day, especially if you notice a change in movements in the evening. Don't wait until your next appointment.



## WHAT HAPPENS WHEN I COME INTO THE HOSPITAL?

When you come in for assessment (staff are available 24 hours, 7 days a week) investigations may include:

- Checking and monitoring your baby's heartbeat
- Carrying out an ultrasound scan to check your baby's wellbeing
- Checking your urine for protein and glucose (the same as we do at all your visits)
- Blood tests if required will be ordered by the doctor

In most cases, the results will show that your baby is fine, and you will go home. If the results show that your baby needs extra monitoring, you will be admitted to our antenatal ward for further monitoring. On rare occasions, immediate delivery of your baby may be required.

Do not leave the hospital until you are happy with your baby's movements. Do not go home if you are not feeling reassured or have any concerns. You know your baby best.

