MID-SOUTH
MATERNAL
FETAL
MEDICINE, P.C.

Roy BorsKoefoed, M.D.
Sheila Thomas, A.P.R.N
Christy Smith, W.H.N.P.

Maternal "Kick Count" Monitoring is a daily assessment of fetal well-being by the counting of fetal movements.

"Kick Counts" should be monitored 3 times a day after meals, at 30 minute intervals, with a total of 10 or more movements for the day a reassuring assessment.

Non-reassuring fetal well-being is generally preceded by significantly reduced activity for 48-72 hours. If no fetal movement is felt within 8 hours, contact your primary obstetrician and/or go to a labor and delivery for evaluation.

Patient Name:_____

Date	Breakfast	Lunch	Dinner	Total

6266 Poplar Ave Memphis, TN P- 901-682-2595 F-901-682-2549