



Fetal Movement Kick Count (Chinese) 胎動計數

What is Fetal Movement Counting?

何謂胎動計數?

It is normal for your healthy, growing fetus to move frequently in your womb (uterus). You can help look out for the health of your baby by recording a count of the number of times your baby kicks, twist, or turns. Doing this is called fetal movement counting, or “Kick Counts.” You will usually feel your baby move by the 20th weeks of pregnancy.

您健康成長的胎兒常常在您的子宮裡移動是正常的現象。藉由記錄胎兒踢腳、扭動或轉身的次數，您也可以協助留意胎兒的健康情形，這樣的記錄稱為胎動計數或踢動計數 (Kick Counts)。通常在懷孕第 20 週前您會感覺到胎動。

When do I do Kick Counts?

何時做踢動計數(胎動計數)?

Your obstetrician or nurse-midwife may ask you to keep a record of how long it takes your baby to move 5 times. 您的產科醫生或護士助產士可能會要求您記錄下胎兒移動 5 次所需要的時間。

Count fetal movements twice each day at the baby’s “busy times.” This is usually in the evening, at bedtime, after meals or after exercise. 每天兩次在胎兒「忙碌的時段」計數，通常是晚間、就寢時間、飯後或運動後。

How do I do Kick Counts?

如何做踢動計數(胎動計數)?

- Get relaxed and comfortable. Loosen tight clothing. Lie down on your side or sit with your feet propped up. Many women find it easier to concentrate with the TV off. 保持輕鬆自在，鬆解緊貼的衣物。側臥，或是坐著並把腳墊高。許多婦女發現電視關掉時比較容易專注。
- Note the time you start. Count movements until you reach 5. Each roll, kick, or punch or twist counts as 1 fetal movement. On the “My Baby Movement’s” counting sheet, put a check mark on the line for each movement you feel. Note the time you finish. 寫下開始的時間。記數胎動

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直到 5 次。每一個翻身、踢腳、打拳或扭轉都算為一次胎動。於〈我寶寶的活動〉(My Baby Movement) 計數紙上，按每一個您感覺得到的胎動在線上打勾。寫下結束的時間。

- If the baby is quiet, drink a glass of cold juice and start over. 如果胎兒安靜不動，喝杯冷的果汁再重新開始。

What do I do if I don't feel 5 movements in an hour?

如果一個小時內我沒有感覺到 5 次胎動怎麼辦呢？

If the baby does not move 5 times in 1 hour, please call Triage at (734) 764-8134.

You will be instructed to come to Triage for testing. Remember, that most often when a woman comes to Triage for testing, her baby is fine.

如果一個小時內胎兒沒有動 5 次，請電分流中心 Triage (734) 764-8134。

該單位將指示您到分流中心 Triage 進行測試。請記得：大部分時候，這些到分流中心進行測試的婦女的胎兒都安然無恙。

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