

Tilmaamaha



- Kadib toddobaadka 28ad ee uurka, bilaab tirinta dhaqdhaqaaqa uur-kujirka isla waqti isku mid ah maalin kasta.
- Ka dooro mid ahaan muddo 2-saacdood ah maalintii, galabtii, ama habeenkii. Guud ahaan, gooraha firfircoon waa kadib quraacada, qadada, ama casahada. Muddada 2-saacdood ah:
 - Ku-diiwaangeli waqtiga shaxda.
 - Ku-calaamadee X sanduuqa markasta uu uurkujirku dhaqaaqo.
- Haddii tirintu ka yaraato 10 dhaqaaq muddo 2-saacdood gudahooda, wac dhakhtarkaaga islamarkiiba.
- Diiwaankan soo qaado booqasho kasta ee dhakhtarkaaga.

Su'aalo?

Suaalahaagu waa muhiim. Wac dhakhtarkaaga ama bixiyahaaga daryeelka caafimaadka haddaad suaalo ama tabasho hayso.

Waxaa kaloo kaalmo laga heli karaa shaqaalaha UWMC.

Maternal and Infant Care Clinic (Kliinikada Daryeelka Hooyada iyo Dhalaanka):
206-598-4070

Labor & Delivery (Saacadaha danbe, fadlan wac Foosha & Dhalmada): 206-598-4616

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER

Maternal and Infant Care Clinic

Box 356159
1959 N.E. Pacific St., Seattle, WA 98195
206-598-4070

Xogta Maalinlaha ee Dhaqdhaqaaqa Uurkujirka



Magaca

Lambarka Isbitaalka

Bil/Sannad

EDC

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Maalin	Waqtiga Bilaabista	15 Daqiiqadood	30 Daqiiqadood	45 Daqiiqadood	1 Saacad	1½ Saacadood	1¾ Saacadood	2 Saacadood
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Instructions

- After the 28th week of pregnancy, begin counting fetal movements at the same time each day.
- Choose any 2-hour period of the day, evening, or night. In general, active periods tend to be after breakfast, lunch, or dinner. During this 2-hour period:
 - Record the time on the graph.
 - Place an X in the box each time there is a fetal movement.
- If you count fewer than 10 movements in a 2-hour period, call your health care provider right away.
- Bring this record to each visit with your health care provider.

Questions?

Your questions are important. Call your health care provider if you have questions or concerns.

UWMC staff are also available to help.

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After hours, please call Labor & Delivery:
206-598-4616

Daily Fetal Movement Record



Name

Hospital Number

Month/Year

EDC

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Day	Start Time	15 Minutes	30 Minutes	45 Minutes	1 Hour	1½ Hours	1¾ Hours	2 Hours
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2								
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