

What should I be concerned about after my ECV?

After you are discharged from the hospital, call your doctor or midwife immediately if you notice any of the following:

- bleeding coming from your vagina
- water coming from your vagina
- a decrease in your baby's movement
- regular contractions
- constant abdominal pain

How should I take care of myself and my baby after my ECV?

After you are discharged from the hospital it is important that you pay special attention to your baby's movements. A good way to track your baby's movements is by counting how many times the baby kicks over the course of a few hours. Below we describe how to do "kick counting" and there is sheet on the back of this handout for you to record your baby's kicks.

Kick Counting

- 1) Choose a time when your baby is usually active and you can focus on your baby's movements for up to two hours. Try to choose the same time every day.
- 2) Find a comfortable place so you can rest, relax and focus on your baby's movements. Changing the lighting, having the room a comfortable temperature and breathing slowly and easily help you relax and focus on your baby.
- 3) It is best to lie on your left side to count the movements. Place one or both hands on your tummy to help you feel the movements of your baby.
- 4) Count the number of movements you feel (such as kicks, flutters, or rolls) until you count six movements. Babies may move in a roll followed by a kick; this counts as one movement. Count each movement separately. Do not count hiccups as movements. You can use the chart on the back of the page for your record.
- 5) Stop counting when you count six movements **or** have counted for two hours.

If you do not feel 6 movements during the course of 2 hours, call your doctor or midwife immediately.

Six movements (such as kicks, flutters, or rolls but not hiccups) in 2 hours or less are considered normal. But do not panic if you do not feel 6 movements. Less activity may simply mean the baby is sleeping.

Kick Counting

Example: On Sunday, October 10th you begin counting your baby's movements at 7:05 PM. By 7:40 PM you have felt your baby kick or move 6 times. You would fill in your chart this way.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Day and Date	Oct 10th						
Start Time	7:05						
End Time	7:40						
Movement Count	1						
Minutes to reach 6 movements	35 min						

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Day and Date							
Start Time							
End Time							
Movement Count							
Minutes to reach 6 movements							

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Day and Date							
Start Time							
End Time							
Movement Count							
Minutes to reach 6 movements							

Remember: If you do not feel 6 movements during the course of 2 hours, call your doctor or midwife immediately.