

24 weeks – Fetal Movement

1200 N University Drive Plantation, FL 33322

Tel: 954-791-3090



Overview

Counting your baby's kicks is one way your doctor can tell that your baby is healthy. Most women—especially in a first pregnancy—feel their baby move for the **first time between 16 and 22 weeks**. The movement may feel like flutters rather than kicks. Your baby may move more at certain times of the day. When you are active, you may notice less kicking than when you are resting. At your prenatal visits, your doctor will ask whether the baby is active.

How do you count fetal kicks?

- A common method of checking your baby's movement is to note the length of time it takes to count ten movements (such as kicks, flutters, or rolls).
- Pick your baby's most active time of day to count. This may be any time from morning to evening.
- If you don't feel 10 movements in an hour, have something to eat or drink and count for another hour. If you don't feel at least 10 movements in the 2-hour period, call your doctor.

What is gestational diabetes screening?

Screening for gestational diabetes is a way to look for high blood sugar during pregnancy. You drink some very sweet liquid. Then you have a blood test to see how your body uses sugar (glucose).

How is gestational diabetes screening done?

Screening for gestational diabetes may be done in a couple of ways.

Two-part screening.

- **Part one (glucose challenge test):** A blood sample is taken after you drink a liquid that contains sugar (glucose). **You don't need to stop eating or drinking before this test.** If the test shows that you don't have a lot of sugar in your blood, you don't have gestational diabetes.
- **Part two (oral glucose tolerance test, or OGTT):** If the first test shows a lot of sugar in your blood, then you may have an OGTT. You can't eat or drink for at least 8 hours before this test. A blood sample is taken, then you drink a sweet liquid. You have more blood tests after 1 to 3 hours. If the OGTT shows that you have a lot of sugar in your blood, you may have gestational diabetes.

One-part screening.

Sometimes doctors use the OGTT on its own. If the test shows that you don't have a lot of sugar in your blood, you don't have gestational diabetes. If you do have a lot of sugar in your blood, you may have the condition.

What are the risks of screening?

Your blood glucose level may drop very low toward the end of the test. If this happens, you may feel weak, hungry, and restless. Tell your doctor if you have these symptoms. The test usually will be stopped.

You may vomit after drinking the sweet liquid. If this happens, you may need to take the test at a later time.

Your doctor may do more glucose tests at other times during your pregnancy.