

After Your ECV

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 External Cephalic Version (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 10 th						
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.