

## b. Fetal Monitoring

### MODULE 7

Fetal monitoring is a way to check on the well being of the baby during labour.

There are several different kinds of fetal monitoring. The type of monitoring you will receive will depend on the nursing staff, the hospital's equipment, and whether or not you have any complications. If the pregnancy is normal and without complications, it is possible to use a technique that will allow you to move around.

Here are the main fetal monitoring techniques that may be used during labour.

FETAL MONITORING	
Technique	Description
<b>Fetoscope</b>	<ul style="list-style-type: none"><li>• A fetoscope looks like a stethoscope.</li><li>• The nurse or doctor will use this to listen to your baby's heartbeat.</li></ul>
<b>Doppler Ultrasound</b>	<ul style="list-style-type: none"><li>• This is a small hand-held ultrasound device.</li><li>• When placed on the mother's abdomen, it permits the hearing of the baby's heartbeat that is checked depending on the stage of labour.</li></ul>
<b>Electronic fetal monitors</b>	<p>The baby's heartbeat and the contractions can be recorded using a device called the electronic monitor.</p> <p>There are two kinds.</p> <ul style="list-style-type: none"><li>• The external monitor is held in place with two belts fastened around the abdomen.</li><li>• The internal monitor which is a small probe is inserted through the vagina and attached to the scalp or another part of your baby's body. It does not harm the baby.</li></ul>