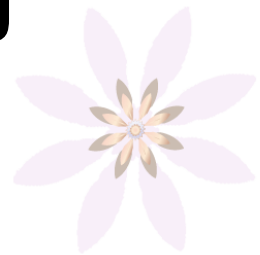
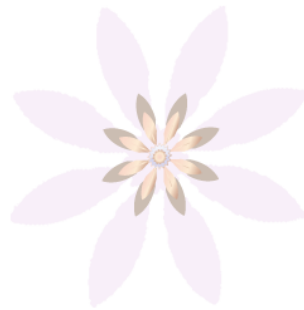
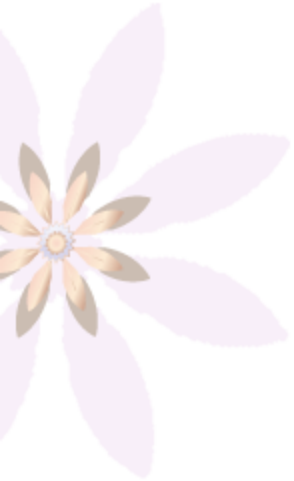




## **The Beat Guide**

**Tips for easily locating  
your baby's fetal  
heart beat!**



## **Step 1**

### **Obtaining Doppler Signals**

- It is essential that an adequate supply of gel is used to transmit the signal from the probe to the surface of the skin. Re-apply more gel if it starts to dry out or spreads so thinly that an air gap occurs between the probe and the skin. It is not necessary to cover the entire surface of the probe, only the probe face. Applying too much gel makes the unit difficult to clean and does not aid in the performance of the probe.

## **Step 2**

### **Volume Slider**

The audio level can be adjusted using the gray volume slider located on the left side of the unit. Moving the slider up will increase the volume, while moving it down will decrease it.

## **Step 3**

### **Signal Quality Indicator: (Models DRS and DS only)**

- The signal level is shown on the indicator bars. This is located along the very bottom of the small gray screen. This indicator provides a visual aid in obtaining a strong audio signal by showing the pulsatile nature of the signal. A large difference between the highest and lowest signal bars confirm that the quality of the signal is good and thus ensures the heart rate calculation is operating at peak performance.
- The heart rate can be verified manually by counting the audible beats for 20 seconds and multiplying by 3.
- An inadequate signal can produce erroneous rates for calculating the Beats Per Minute (BPM).

## Step 4

### Tips on Use

- ❑ Fetal heart sounds are quite different from peripheral vascular blood flow sounds. Fetal sounds are typically much lower in frequency and much higher in rate.
- ❑ For early term, fetal detection, start the probe at the pubic bone and slowly move along the midline - rocking the probe slowly from side to side until a heart beat is heard.
- ❑ For mid to late term, fetal detection the best chance of finding the heart sounds are to start on the fundus and move toward the belly button and from one side of the abdomen to the other, slowly rocking the probe until the heart beat is heard.
- ❑ The fetal heart reminds many people of a galloping horse and can vary in tone from a distant swishing sound to a hard clapping sound depending on the position of the baby and probe.
- ❑ Many times, when attempting to detect the fetal heart, the maternal vascular sounds are heard instead of (or in some cases, in addition to) the fetal sounds. These maternal sounds can come from one of the major arteries, the placenta or the umbilical cord. The maternal vascular sounds are typically higher in frequency at a lower rate. The heart rate calculation will display either the maternal rate or the fetal rate, whichever portion of the signal is stronger.

## Step 4

### Tips on Use cont.

- If you are early in your pregnancy (8-12 weeks), a full bladder may help you find your baby's heartbeat more quickly.
- Start by applying plenty of ultrasound gel to the entire surface of the fetal doppler probe.
- A fetal doppler is not a microphone, they use ultrasound technology to create an electronic reproduction of heartbeat that you hear through the monitor's speakers. Make sure to smooth out any air bubbles in the doppler gel to eliminate extra static.
- Place the fetal doppler probe right above the pubic hairline and below the belly button.
- SLOWLY move the doppler probe.
- Always keep the face of the doppler probe in contact with your skin while applying light pressure.
- You can slightly tilt the doppler probe in different directions to help pick up sounds in a wider area.



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