

# Non-stress Test in Pregnancy

A non-stress test checks your baby's heartbeat and movement during pregnancy.

**Arrive on time for your test.** The test is painless and takes about 30-60 minutes.

## To Prepare

- Eat before the test. This may increase your baby's movement.
- Do not smoke for 1 hour before the test.

## During the Test

- The pads are put on the skin of your stomach. They are held in place with elastic belts.
- Your baby's heart rate is recorded by one pad. The other pad records your contractions.
- If the baby is not active during the test, you may be asked to move or the staff will try to make your baby move using noise or touch.

Test results are sent to your doctor. Your doctor will share the results with you.

**Talk to your doctor or nurse if you have any questions or concerns.**

# 怀孕非压力检查

非压力测试可以检查怀孕期间胎儿的心搏和活动。

做检查要准时。检查无痛苦，需时约30-60分钟。

## 准备工作

- 检查之前进食。这可能会增加胎儿的活动。
- 检查之前1个小时不要吸烟。

## 检查过程中

- 会将垫子放在你的腹部皮肤上，并用弹性皮带固定。
- 你胎儿的心率将被一个垫子记录下来。另一个垫子记录你的宫缩。
- 如果检查期间胎儿没有活动的话，工作人员会叫你活动一下，或者尝试用噪音或触摸来引起胎儿的活动。

检测结果会送给你的医生。医生会把检测结果告诉你。

如果有任何问题或忧虑，你可以告诉医生或护士。

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