

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 to 60 minutes.

To Prepare

- Eat before the test. This may increase your baby's movement.

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.

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임신 중 태아 비자극 검사

태아 비자극 검사(non-stress test)는 임신 중 태아의 심장박동과 움직임을 검사합니다.

검사하는 날 제시 간에 도착. 검사는 통증이 없으며, 약 30-60분 걸립니다.

검사 전 준비

- 검사 전에 음식을 드십시오. 음식이 들어가면 태아의 움직임이 증가합니다.

검사 중

- 패드를 복부 피부 위에 위치합니다. 고무 벨트로 고정합니다.
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- 검사 중에 태아가 움직이지 않으면, 산모가 움직이거나 아니면 직원이 소음을 내거나 만져서 태아가 움직이도록 유도할 것입니다.

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