

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.

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Облегченное обследование во время беременности

При облегченном обследовании проверяется сердцебиение и подвижность Вашего ребенка во время беременности.

Пожалуйста, не опаздывайте на это обследование. Это обследование не причиняет боли и длится от 30 до 60 минут.

Для подготовки

- Перед обследованием необходимо поесть. Это может повысить подвижность Вашего ребенка.

Во время обследования

- На кожу Вашего живота будут помещены подушки. Они будут закреплены с помощью эластичных ремней.
- С помощью одной из подушек будет сделана запись сердечного ритма Вашего ребенка. Вторая подушка будет записывать Ваши мышечные сокращения.
- Если во время обследования ребенок не будет проявлять активность, Вас могут попросить пошевелиться. Возможно, персонал попытается заставить Вашего ребенка двигаться с помощью шума или прикосновения.

Результаты обследования будут направлены Вашему врачу. Ваш врач обсудит с Вами результаты обследования.

Если у Вас есть какие-либо вопросы или опасения, обратитесь к Вашему врачу или медсестре.

5/2009. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Unless otherwise stated, user may print or download information from this website for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System and OhioHealth are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.