

怀孕非压力测试

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.

非压力测试可以检查怀孕期间胎儿的心搏和活动。

准时前来接受检查。检查无痛苦，需时约30至60分钟。

准备事项

- 检查之前进食。这可能会增加胎儿的活动。

检查期间

- 在腹部皮肤上放置垫片。用松紧带将垫片固定在适当的位置。
- 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，工作人员会叫您活动一下，或者尝试用噪音或触摸来引起胎儿的活动。

检查结果会发送给您的医生。医生会告知您检查结果。

如果您有任何疑问或疑虑，请咨询您的医生或护士。

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Non-stress Pregnancy Test. Simplified Chinese.