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.**
Baarid Uur oon Cadaadis Lahayn

Baarida uurka aan cadaadiska lahayn waxaa lagu eegaa garaaca wadnaha iyo dhaqdhqaaga uu-jiifkaaga/mlaahaaga uurka ku jira inta aad uurka leedahay.

Waqtigeeda u imow baariddaada. Baaritaanka waa xanuu wuxuuna badan oo qaatay 30 ila 60 daqiqaddood.

Si aad isugu diyaarisisid
- Cun ka hor baaritaanka. Tani waxay kordhin kartaa dhaqdhqaaga/mlaahaaga.

Waqtiga Baaritaanka
- Milxeefyada (Dahaaryada) waxaa la saarayaa maqaarka calooshaada. Waxaa xajinaya suuman laastiko ah.
- Celceliska wadnaha cunuggaaga waxaa eegaya hal milxeef, kan kalena ururidda murqahaaga.
- Haddii aanu cunuggu firfircoonaysaa lagu jiraa baaridda, waxaa lagu weydiisaa karaa in 30 ilaa dhaqdhqaajiso, ama shaqaalaahaaba iyagoo isticmaalayo sanqadh ama taabasho dhaqdhqaajin doona cunugga.

Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga wuxuu kula socodsiin doonaa natiijooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su’aalo ah ama walaac ah qabtida.

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.

Non-stress Test in Pregnancy. Somali