

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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Baarid Uur oon Cadaadis Lahayn

Baarida uurka aan cadaadiska lahayn waxaa lagu eegaa garaaca wadnaha iyo dhaqdhaqaaqa uur-jiifkaaga/ilmahaaga uurka ku jira inta aad uurka leedahay.

Waqtigeeda u imow baariddaada. Baaritaanku waa xanuun la'aan wuxuuna badanaa qaataa 30 ilaa 60 daqiiqadood.

Si aad isugu diyaarisid

- Cun ka hor baaritaanka. Tani waxay kordhin kartaa dhaqdhaqaaqa ilmahaaga.

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 firfircoonayn inta lagu jiro baaridda, waxaa lagu weydiisan karaa in aad dhaqdhaqaaajiso, ama shaqaalahaaba iyagoo isticmaalayo sanqadh ama taabasho dhaqdhaqaaajin doona cunugga.

Natijoooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga wuxuu kula socodsiin doonaa natijoooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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