

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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Prueba sin estrés durante el embarazo

Una prueba sin estrés verifica el ritmo cardíaco y el movimiento de su bebé durante el embarazo.

Llegue puntualmente a su prueba. Este examen es indoloro y dura alrededor de 30 a 60 minutos.

Preparación

- Coma antes del examen, ya que esto puede aumentar el movimiento del bebé.

Durante la prueba

- Se le colocarán dos almohadillas en la piel de su abdomen. Las almohadillas se mantienen en su lugar gracias a unas correas elásticas.
- Una almohadilla registrará el ritmo cardíaco de su bebé. La otra almohadilla registrará sus contracciones.
- Si el bebé no está activo durante la prueba, es posible que se le pida moverse o el personal intentará hacer que su bebé se mueva por medio del ruido o el tacto.

Los resultados son enviados a su médico, quien los analizará con usted.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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