

# 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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# 懷孕期的非壓力測試

非壓力測試可檢查您嬰兒在懷孕期間的心跳及動作。  
請準時到達進行測試。此項測試並無痛楚，且需時約 30 至 60 分鐘。

## 事前準備

- 測試前請進食，這可能增加您嬰兒的活動。

## 測試期間

- 墊片會放置在您腹部的皮膚上，並以彈性皮帶固定墊片。
- 其中一塊墊片會記錄您嬰兒的心跳率。另一塊則記錄您的子宮收縮。
- 如果您的嬰兒在測試期間並不活躍，您可能要移動一下或職員會以聲音或觸摸動作令您的嬰兒活動。

測試結果會送到您的醫生處，讓醫生跟您討論結果。

如有任何問題或疑慮可以向您的醫生或護理人員諮詢。

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Non-stress Test in Pregnancy. Traditional Chinese