

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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اختبار عدم الإجهاد أثناء الحمل

يتم من خلال اختبار عدم الإجهاد فحص سرعة ضربات قلب الجنين وحركته أثناء فترة الحمل.

برجاء أن تصلي في الوقت المحدد للاختبار. لا يسبب هذا الاختبار أي ألم ويستغرق فترة تتراوح ما بين 30 و60 دقيقة.

الإعدادات

- يجب أن تتناولي أي طعام قبل الاختبار. فقد يزيد هذا من حركة الجنين.

أثناء الاختبار

- يتم وضع الوسائد على جلد المعدة، ويتم تثبيتها في موضعها هذا بواسطة أحزمة مطاطية.
- تقوم إحدى الوسائد بتسجيل معدل ضربات قلب الجنين، بينما تقوم وسادة أخرى بقياس انقباضاتك.
- إذا لم يكن الجنين نشطاً أثناء الاختبار، قد يطلب منك الطبيب أن تتحركي أو سيحاول العاملین حث طفلك على التحرك باستخدام الصوت أو اللمس.

سيتم إرسال نتيجة الاختبار إلى طبيبك. وسوف يقوم بدوره بإطلاعك على النتائج.

تحدثي إلى طبيبك أو ممرضتك إذا كان لديك أية تساؤلات أو استفسارات.

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