

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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गर्भावस्था में नॉन-स्ट्रेस परीक्षण

नॉन-स्ट्रेस परीक्षण गर्भावस्था के दौरान आपके शिशु के दिल की धड़कन और हलचल की जाँच करता है।

अपने परीक्षण के लिए समय पर पहुँचें। यह परीक्षण पीड़ारहित होता है और इसमें लगभग 30 से 60 मिनट तक लगते हैं।

तैयारी करना

- परीक्षण से पूर्व खाएँ। इससे आपके शिशु की हलचल में वृद्धि हो सकती है।
- परीक्षण से पहले 1 घंटे तक धूम्रपान न करें।

परीक्षण के दौरान

- आपके पेट की त्वचा पर पैड रखे जाते हैं। इन्हें इलास्टिक की पेटियों से अपने स्थान पर पकड़कर रखा जाता है।
- एक पैड से आपके शिशु के दिल की धड़कन रिकॉर्ड की जाती है। दूसरे पैड से आपके संकुचन रिकॉर्ड किए जाते हैं।
- यदि परीक्षण के दौरान शिशु सक्रिय न हो, तो आपसे हिलने के लिए कहा जा सकता है, या स्टाफ आवाज़ करके या छूकर आपके शिशु को हिलाने की कोशिश करेगा।

परीक्षण के परिणाम आपके चिकित्सक को भेज दिए जाते हैं। आपका/आपकी चिकित्सक परिणामों के बारे में आपसे बातचीत करेगा/करेगी।

यदि इस बारे में आपके कोई प्रश्न या चिंताएँ हों तो अपने चिकित्सक या नर्स से बात करें।

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