

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.

妊娠時のノンストレス検査

ノンストレス検査は、胎児の心音及び動きを検査するものです。

検査日の時間を厳守して下さい。検査は無痛で、約30～60分で終了します。

検査前

- 検査前に食事を取って下さい。食事を取るにより、赤ちゃんの動きが活発になります。

検査中

- お腹の上にパッドが置かれます。パッドはベルトで固定されます。
- 胎児の心拍数を記録します。
- 検査中、胎児の動きが活発でない場合は身体を動かすように指示されるか、又はスタッフが音を出したり、お腹に触れたりして、胎児の動きを活発にする場合があります。

検査結果は、貴方の医師に送付されます。医師はその結果を貴方に報告します。

Talk to your doctor or nurse if you have any questions or concerns.

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質問や不安がある場合は、医師または看護師にご相談下さい。

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Non-stress Test in Pregnancy. Japanese.