

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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Teste sem estresse na gravidez

O teste sem estresse verifica o batimento cardíaco e os movimentos do bebê durante a gravidez.

Chegue na hora certa para realizar o teste. O teste é indolor e é realizado em 30 a 60 minutos.

Preparação

- Alimente-se antes do teste. Isso pode aumentar a movimentação de seu bebê.

Durante o teste

- Os eletrodos são colocados sobre a pele do estômago, fixados com cintas elásticas.
- A frequência cardíaca do bebê é registrada por um eletrodo. O outro eletrodo registra suas contrações.
- Se o bebê não estiver ativo durante o teste, pode ser que lhe peçam para se movimentar ou a equipe tentará fazer o bebê se movimentar após estímulo sonoro ou toque.

Os resultados do teste são enviados ao seu médico. O médico falará com você sobre os resultados.

Se tiver alguma dúvida ou preocupação, converse com seu médico ou enfermeira.

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