

## NON-STRESS TEST (NST)

A fetal non-stress test (usually called an NST) is a routine test performed for specific medical conditions during the third trimester of pregnancy. These conditions include gestational diabetes, high blood pressure, low amniotic fluid, smaller than expected fetal size, overdue pregnancy, decreased fetal movement, cord around the baby's neck and also for other high-risk pregnancies such as older moms or IVF pregnancy or twins.

### What is a Non-Stress Test?

An NST is a simple, painless procedure. We will be monitoring your baby's heartbeat, which is a way of evaluating your unborn baby. We will listen to and record the baby's heartbeat and the monitor will produce a printout which can be interpreted by trained personnel. It usually takes 20-40 minutes to complete an NST. We can do twins at the same time also.

### How is the NST test done?

1. Please eat before the test because some babies move more after their moms have eaten.
2. **Please bring a snack and bring some juice or water.**
3. You will be more comfortable if you empty your bladder before the NST.
4. The two fetal monitor sensors will be placed on your abdomen and held in place by elastic belts. One sensor records the baby's heartbeat and the other records uterine contractions. We will be looking at the printout of the baby's heart rate pattern. Their heartbeat naturally fluctuates and for brief time periods it speeds up and then settles down again.
5. Sometimes we will also do an ultrasound to check the amount of amniotic fluid.
6. Sometimes the baby is asleep during the NST. We have a small device that makes a sound that can wake up the baby. This is harmless and it shortens the time for the test.

### When will the test be done?

NST's are usually performed once or twice a week. You will be given an appointment for your NST's as needed. We will try to schedule your test for the same day as your doctor's visit.

**\*\*please bring a snack for yourself and something to drink\*\***