



Non- Stress Test (NST)

A non-stress test (NST) is a simple and painless way to check on the well being of your baby.

What Happens During the Test?

- This test is usually done in your doctors office or hospital.
- You will be lying down for the test.
- You will have two belts with sensors attached placed around your abdomen; one to measure the baby's heartbeat and one to check for contractions. These two sensors are attached to the fetal monitor.
- You will be given a button to press each time you feel your baby move.
- The test usually takes 20-30 minutes, but can take longer depending on how active your baby is, or if you are carrying more than one baby.

What Do the Test Results Show?

- An NST is "reactive" if the baby's heartbeat increases in response to movement.

Why Do I Need An NST?

Non-stress tests are done to check and see if your baby is doing well. Some of the most common reasons for NST are:

- Decreased movement of the baby or no movement of the baby
- Gestational diabetes or diabetes before pregnancy
- More than one baby (twins, triplets)
- High blood pressure
- Preeclampsia
- Preterm labor or history of preterm labor
- Past delivery date (greater than 40 weeks)
- Over the age of 35 years
- Abnormal laboratory tests
- Thyroid problems