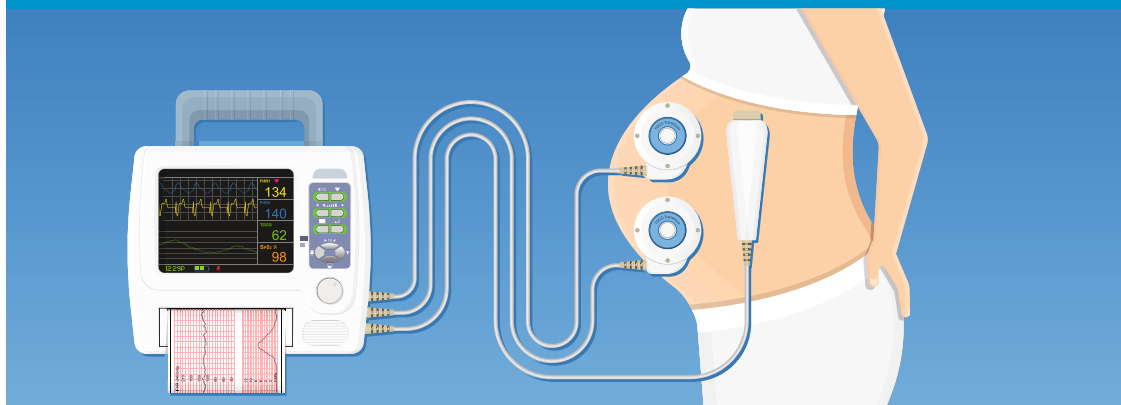


NON-STRESS TEST-NST

A Non-Stress Test (NST) is a test for fetal wellbeing. It measures fetal heart rate and response to movement in the third trimester to ensure that the baby is doing well.



1. You are advised to have snacks / water / juice as this helps in better baby movements.
2. You must void urine / empty your bladder before the procedure.
3. This is a non -invasive procedure that usually takes about 20 minutes and is absolutely painless. It is performed by the nurse.
4. You are required to lie down comfortably on the procedure bed.
5. The test is done by tying 2 belts (with sensors) around your belly which detects foetal heart rate and uterine contractions.
6. You will be given a marker to mark the fetal movements. You will need to press the marker button each time you feel the baby move.
7. The graph needs to be assessed by a doctor.