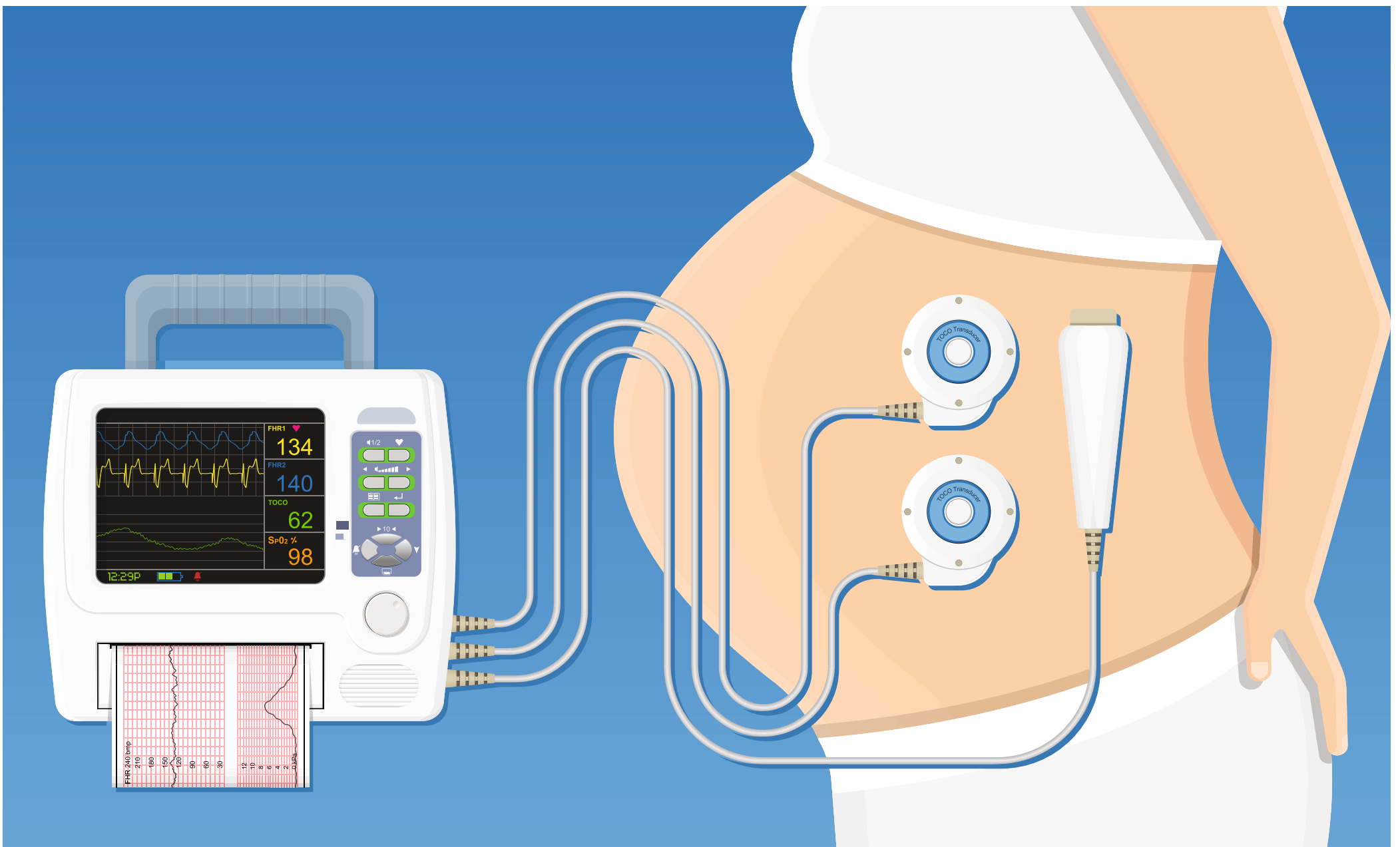


NST - Non-Stress Test



Overview:

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.

Pre Procedure:

- You are advised to have snacks / water / juice as this helps in better baby movements.
- You must void urine / empty your bladder before the procedure.

During Procedure:

- This is a non-invasive procedure that usually takes about 20 minutes and is absolutely painless. It is performed by the nurse.
- You are required to lie down comfortably on the procedure bed.
- The test is done by tying 2 belts (with sensors) around your belly which detects foetal heart rate and uterine contractions.

- You will be asked to keep track of each movement you feel your baby makes.
- 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.

Post Procedure:

- The graph needs to be assessed by a doctor.
- You can resume your daily routine activities post the test.
- There are no side effects of this procedure.