

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 30-60 minutes.

To Prepare

- Eat before the test. This may increase your baby's movement.
- Do not smoke for 1 hour before the test.

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.

Baarid Uur oon Cadaadis Lahayn

Baarida uurka aan cadaadiska lahayn waxaa lagu eegaa garaaca wadnaha iyo dhaqdhaqaaqa uur-jiifkaaga inta aad uurka leedahay.

Waqtiigeeda u imow baariddaada. Baariddu xanuun maleh waxaanay qaadataa 30-60 daqiiqo.

Isu diyaarin

- Wax cun baaridda ka hor. Tani waxay badin dhaqdhaqaaqa cunuggaaga.
- Sigaar ha cabin hal saac ka hor baaritaanka.

Inta lagu jiro baaridda

- Milxeefyada (Dahaaryada) waxaa la saarayaa maqaarka calooshaada. Waxaa xajinaya suuman laastiko ah.
- Celceliska wadnaha cunuggaaga waxaa eegaya hal milxeef, kan kalena ururidda murqahaaga.
- Haddaanui cunuggu firfircoonayn inta lagu jiro baaridda, waxaa lagu weydiisan karaa in aad dhaqdhaqaaajiso, ama shaqaalahaaba iyagoo isticmaalayo sanqadh ama taabasho dhaqdhaqaaajin doona cunugga.

Natiijooyinka baaritaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaaga ayaa kaaga warramaya natiijooyinka.

La hadal takhtarkaaga ama kalkaaliyahaaga haddii aad qabtid wax su'aalo ah ama walaacyo ah.

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