

Non-Stress Tests (NST)

Your Crocus Maternity doctor has suggested you have a non-stress-test, or NST.

What is an NST?

- This is done in some pregnancies to assess baby's well-being.
- The non-stress test is a reading of baby's heart rate patterns over at least 20 minutes

How is it done?

- You will go to the maternity unit on the hospital where a maternity nurse will do an assessment. The nurse will ask you questions about your pregnancy, check your urine and blood pressure, and measure your belly. Blood tests may be done at the same time.
- You will lie in a maternity bed and have two small monitors held against your belly with stretchy elastic fabric belts
- One monitor looks for any contractions in your uterus
- The other monitor is a small ultrasound, similar to the ones we use in the clinic to check baby's heart rate
- You will also record your baby's movements
- The nurse will phone the Crocus doctor on-call with the results

Why is it called a "non-stress test?" It sounds kind of stress-full!

- The test is done with the mother resting and when she is not in labor - in other words, with no stresses on the baby.

What does the non-stress test tell us?

- A baby who is not getting enough oxygen and nutrients through the placenta and umbilical cord will have some changes to the pattern of its heartbeat
- A normal NST can reassure us that the baby is getting enough oxygen and can safely continue to grow inside the womb
- An abnormal NST doesn't guarantee that there is a problem, but warrants closer assessment and possible early delivery if the baby is not doing well inside

My NST is being done because of: _____

My NST is booked on this date: _____.

- **Call the WGH Maternity Unit that morning at 867-393-8725 and the nurses will tell you what time to come in.**
- **Bring your health care card and check in at the Admitting desk in the main lobby**

I will be having repeated NSTs: _____

(Remember to call maternity each time!)