

## Non Stress Test Evaluation of Fetal Status

- Observation of fetal heart rate (FHR) associated with fetal movement
- With movement of the fetus, the FHR Should Increase or Accelerate

This test is based on the knowledge that when the fetus has adequate oxygenation and an intact Central Nervous System (CNS) there are accelerations of FHR with movement.

## What do the NST results mean and what are the reasons for further testing?

A reactive non-stress results indicates that blood flow (and oxygen) to the fetus is adequate. A non-reactive Non-Stress test requires additional testing to determine whether the result is truly due to poor oxygenation, or whether there are other reasons for fetal non reactivity (i.e. sleep patterns, certain maternal prescription or non-prescription drugs. It may be repeated after a sugar drink or food and usually the results improve. Remember babies can and sleep inside the mother's womb.

- **Reactive (Reassuring)** - When two or more accelerations of more than 15 beats per minute above the baseline and longer than 15 seconds in duration are present in a 20 minutes observation in association with movement of fetus
- **Non-reactive (Nonreassuring)**-Absence of any fetal reactivity.

## Services

- Pre Conception Counselling
- Infertility Workup
- IUI or Intra Uterine Insemination
- IVF or In Vitro Fertilization
- ICSI or Intra Cytoplasmic Sperm Injection
- Oocyte Donation and Egg Sharing Programmes
- Surrogacy
- Embryo Freezing and Oocyte Freezing
- Cryo Preserved Semen Bank
- Andrology Clinic
- TESA and PESA
- Basic and Advanced Endoscopic Surgery
- Hormone Analysis
- Genetic Counseling
- Pre Implantation Genetic Diagnosis (PGD)
- Pre Implantation Genetic Screening (PGS)
- Recurrent Miscarriage Clinic
- Nutrition Clinic
- Pharmacy



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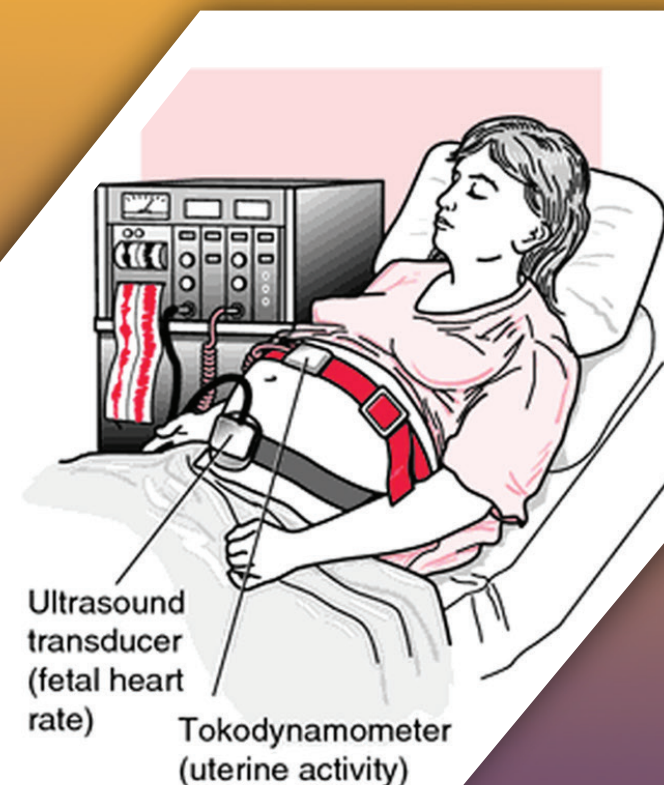
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## MAKE YOUR PREGNANCY SAFER



# Care IVF

## FETAL NON STRESS TEST (NST)

Non-Stress is a simple, non-invasive test performed in Pregnancies over 28 week's gestation. The test is named "non-stress" because no stress is placed on the fetus during the test. The same when done during labor is called CTG or Cardio TocoGram.

### When Is NST Performed?

NSTs are generally performed after 28 weeks of gestation. Before 28 weeks, the fetus is not developed enough to respond to the test protocol. It can be repeated every week or even more frequently.

*Don't worry  
It's not stressful.*

*NST during  
pregnancy is just a  
third trimester check  
of your baby's  
well-being*

### Why would NST be performed?

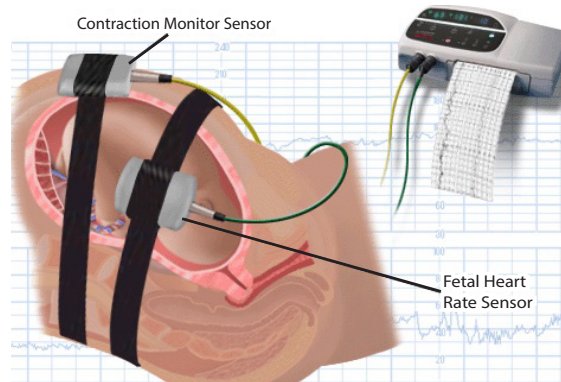
An NST may be performed if:

- You sense that the baby is not moving as frequently as usual
- Baby is small for its age
- Amniotic fluid is either too much or too little
- You are over due
- There is any reason to suspect that the placenta is not functioning

### What does the NST look for?

The primary goal of test is to measure the heart rate of the fetus in response to its own movement. Healthy babies will respond with an increased heart rate during times of movement, and the heart rate will decrease at rest. The concept behind a non-stress test is that adequate oxygen is required for fetal activity and heart rate to be within normal ranges. When oxygen levels are low, the fetus may not respond normally. Low oxygen level can often be caused by problems in placenta or umbilical cord. It may also indicate other causes of foetal distress.

#### External Fetal Heart Rate Monitoring



### What are the risks and side effects to the mother or baby?

A NST is a noninvasive test that poses no known risks or side effects to mother or baby.

### How is NST performed?

1. The test involves attaching one belt to the mother's Abdomen to measure fetal heart rate and another belt to measure uterine contractions.
2. You are also asked to press a button when the baby moves so that the heart rates can be seen in relationship to that movement.
3. Movement, heart rate and "reactivity" of heart rate to movement is measured for 20-30 minutes, usually, but may be done longer if necessary.
4. If the baby does not move, it does not necessarily indicate that there is a problem; the baby could just be asleep.
5. A nurse may use a small "buzzer" to wake the baby for the remainder of the test.
6. It will be sensible to pee and tuck in a snack before the procedure as the whole thing can last for an hour.

#### External Fetal Monitor

