A non-stress test (NST) is ordered by your doctor to check your baby’s well-being.

**Reasons for Non-stress Test are:**
- The baby’s movement has decreased.
- The pregnancy has gone past your due date.
- The baby is smaller than expected.
- You have had a stillbirth in the past.
- You have diabetes, high blood pressure or any other health problem that makes your pregnancy “high risk”.

**The Procedure**
A nurse places the fetal monitor on the skin of your abdomen. The baby’s heart rate pattern is recorded. The tracing is checked while the baby is active and at rest. The baseline heart rate is recorded while the baby is at rest. Normal range for a baby before birth is 110 to 160 beats per minute. The normal range for an adult is 60 to 90 beats per minute.

The test is painless and lasts about 30 to 60 minutes. If the baby is not very active during the test, the nurse may need to try to make the baby move. This is done by changing your position or by using a buzzer that vibrates and sends out a sound. The buzzer is used outside of your abdomen.

If you are a smoker, do not smoke for one hour before the test. Nicotine is a stimulant and may affect the baby’s heart rate.

**Results**
We expect to get a reactive non-stress test, which is normal. If we are not able to obtain this, further testing may be needed to check the baby’s well-being.