

Tijaabada aan walwalka laheyn ee uurka loogu talagalay daryeelka bukaan-socodka ee McCampbell

Non-Stress Test in Pregnancy for McCampbell Outpatient Care

A non-stress test (NST) has been ordered by your doctor to monitor the well-being of you and your baby. This test assesses the health of your baby by monitoring your baby's heart rate and activity. It takes about 20 to 60 minutes. This test may have been ordered if:

- You are not feeling your baby move as much as usual.
- Your pregnancy is high risk, or you have other risk factors.
- You are past your due date.

About the test

Your NST will be done 1 or 2 times each week depending on your risk factors. This usually begins at 32 weeks of pregnancy, but can be done sooner if your provider feels it is needed.

- Please make sure to eat something before your appointment to aid in your baby's activity.

Tijaabada aan walwal la'aanta (NST)

ayaa dhakhtarkaagu amray si uu ula socdo badqabka adiga iyo ilmahaaga. Baaritaankaan waxaa lagu qiimeeyaa caafimaadka ilmahaaga iyadoo la eegayo garaaca wadnaha iyo dhaqdhaqaaqa ilmahaaga. Waxay qaadataa qiyaastii 20 ilaa 60 daqiiqo. Tijaabadan waxaa la dalban karaa haddii:

- Ma dareemaysid dhaqdhaqaaqa ilmahaagu sida caadiga ah.
- Uurkaagu waa mid halis badan, ama waxaad leedahay waxyaabo kale oo halis ah.
- Waad dhaaftay taariikhdiid dhalmada.

Ku saabsan baaritaanka

NST-gaaga waxaa lagaa sameyn doonaa 1 ama 2 jeer usbuucii iyadoo ku xiran xaaladahaaga khatarta ah. Sida caadiga ah waxaa la bilaabaa marka uurku yahay 32 usbuuc, laakiin waxaa la sameyn karaa xitaa ka hor haddii uu dhakhtarkaagu u arko in loo baahan yahay.

- Isku day inaad wax cunto ka hor ballantaada si aad uga caawiso dhaqdhaqaaqa ilmaha.



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- During the test, 2 monitors will be placed on your abdomen to check for contractions and to monitor the baby's heart rate. You will push a button every time you feel your baby move.
- The nurse will be watching to see that your baby's heart rate increases at least 2 times within 20 minutes. Just as your heart rate increases with movement, so should your baby's.
- If your baby is not active during the test, you may be asked to change positions or drink cold water. The nurse may use a device that makes a buzzing noise on your stomach to wake your baby. Your baby typically sleeps 20 minutes or more every hour.
- A provider will review the results during your test to determine if it is "reactive," which means your baby has passed the test. If it is "non-reactive," this means your baby did not pass the test, and you will need more testing.
- After you finish the NST, you will have a simple bedside ultrasound each week, called an amniotic fluid index (AFI), to measure the fluid around your baby.
- Inta lagu jiro baaritaanka, 2 monitor ayaa la saari doonaa calooshaada si loo hubiyo in uu jiro xanuunada iyo si loo kormeero garaaca wadnaha ilmaha. Waxaad riixi doontaa badhan markasta oo aad dareentid in ilmuhu dhaqdhaqaaqayo.
- Kalkaalisada caafimaadku waxay ku eegi doontaa in garaaca wadnaha ilmahaagu uu kordho ugu yaraan 2 jeer 20 daqiiqo gudahood. Sida garaaca wadnahaagu uu u kordho dhaqdhaqaaqa, ilmahaagu waa inuu sidaas oo kale sameeyaa.
- Haddii ilmahaagu uusan dhaqdhaqaaq lahayn inta lagu jiro baaritaanka, waxaa laga yaabaa in lagu sheego inaad bedesho booska ama aad cabto biyo qabow. Kalkaalisada caafimaadku waxay isticmaali kartaa qalab ku dhawaaqa caloosha si ay u kiciso ilmahaaga. Ilmahaagu wuxuu caadi ahaan seexdaa 20 daqiiqo ama ka badan saacad kasta.
- Dhakhtarka ayaa dib u eegi doona natiijada baaritaankaaga si uu u go'aamiyo in ay tahay "falcelin fiican," taas oo macnaheedu yahay in ilmahaagu uu ku guulaystay baaritaanka. Haddii uu yahay "falcelin aan fiicnayn," macnaheedu waa in cunugaagu uusan ku dhicin baaritaanka waxaad u baahan doontaa baaritaan dheeraad ah.
- Kadib markaad dhameysato NST, waxaa lagu sameyn doonaa ultrasound fudud oo todobaad walba, kaas oo loo yaqaano amniotic fluid index (AFI), si loo cabbiro dareeraha ku wareegsan ilmahaaga.

Visitor policy and keeping appointments

- No visitors or children are allowed in the procedure room. If your child(ren) must come with you to your appointment, they will need to stay in the waiting room with another adult during the NST.
- Keeping your NST appointments are vital to your baby's well-being. If you cannot keep an appointment, please call the clinic at (614)293-8045 to reschedule as soon as possible.

Siyaasadda booqashada iyo ballan qabsashada

- Martida iyo caruurta looma oggola qolka qaliinka. Haddii ilmahaagu(carruurta) uu ku raacayo waqtiga lagu qabto, waxay u baahan yihiin inay qolka sugitaanka la joogaan qof kale oo qaangaar ah inta lagu jiro waqtiga NST.
- Ilaalinta ballamahaaga NST ayaa muhiim u ah wanaaga ilmahaaga. Haddii aadan waqtiga qabsan karin, wac rugta caafimaadka (614) 293-8045 si aad waqti kale u qabsato sida ugu dhakhsaha badan.

Buug-gacmeedkan waxaa loogu talagalay ujeedooyin macluumaad oo kaliya. La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga. Wixii macluumaad dheeraad ah, booqo wexnermedical.osu.edu/patiented ama la xariir Maktabada si aad u hesho Macluumaadka Caaifimaadka 614-293-3707 or health-info@osu.edu.

This handout is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care. For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.