

### **Non-Stress Test (NST)**

The non-stress test (NST) is used to evaluate fetal heart rate patterns, especially during fetal movements. Increases in the fetal rate are reassuring of fetal well-being; the test is then considered reactive.

Your NST will take approximately 30-60 minutes, depending upon your baby's activity.

It is essential that you eat at LEAST a light meal 30 minutes prior to your NST. You need to bring a snack and a beverage with you. Babies are active when a mother is eating.

Smoking is discouraged in pregnancy and can affect the results of an NST. If you have continued to smoke in your pregnancy, do not smoke for at least 2 hours prior to this test.

Typically, your NST is scheduled with an Ultrasound, for a fluid check and then to your doctor. When making your appointment please let us know if you are expecting twins, because more time is required for both tests.