

OB/GYN Women's Health Center

Emad Mousa, MD

1125 Ellen Kay Dr. Ste. B

Marion, OH 43302

Tel: 740-383-4090

Fax: 740-383-2850

www.MyLocalObGyn.com

***NON STRESS TEST
(NST)***

During the last 2 or 3 weeks of your pregnancy we are advising a test to monitor the baby's well being. This test is called a non-stress test (NST). It is a test done in our office where a fetal monitor will be placed on your abdomen and you will be asked to press a button when you feel a fetal movement. As your physicians, we can obtain a lot of important information from listening to your baby's heartbeat. The test lasts approximately 15 - 20 minutes depending on the activity of your baby and its response to movement.

The monitoring will be done at the time of your visit or at different visit. However, at times you may have to wait longer than usual depending on the activity of the baby. Please be patient.

We feel very strongly that this is an excellent non-invasive way of monitoring your baby. Please be advised to eat a meal before NST.

The fetal monitor in our office is similar to the monitor that will be placed on you when you are in labor.