Humber River Health

Maternal and Child Program

Having a Non-Stress Test (NST)

**Please call the
Maternal and Child Outpatient Services
main reception desk to make an appointment:**

(416) 242-1000 ext. 21450

My appointment is on:

Date: _____

Time: _____

What is a Non-Stress Test (NST)?

A non-stress test is a simple test that we do to check your unborn baby's heart rate and movements in your uterus (womb). The test also notes any contractions (tightening) of your uterus. The test result gives your doctor information about the health and well being of your baby.

The test uses a fetal monitor to send harmless ultrasound waves through your abdomen (belly) to your baby. When the baby moves, the sound waves change. The monitor records these changes.

How is the NST done?

You will lie on a bed or sit in a chair.

A nurse will attach two belts around your belly. One belt will hold the ultrasound device over the area where we can best hear your baby's heartbeat. The second belt will hold a pressure monitor over the top of your uterus.

We will ask you to press a button each time you feel your baby move.

The test usually takes 20 to 30 minutes, but may take longer if your baby is very quiet or sleeping.

Is the NST safe for my baby and me?

There are no known risks or side effects from an NST.

The test does not cause any discomfort for you or your baby.

How do I get ready for my NST?

On the day of your appointment:

• Have something to eat before your test.

• Wear comfortable clothing.

• Please bring your health card and photo ID.

Please come to the Maternal and Child Program main registration desk for your test. Take the Central Elevators to the 4th floor.

1235 Wilson Ave., Toronto, Ont. M3M 0B2

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.