

Nonstress Test

This test is based on the premise that the heart rate of a normal healthy fetus will temporarily accelerate with movement. This ability to increase heart rate is a good indicator of healthy fetal function. An electronic fetal monitor is attached to the abdomen and a report of your baby's heart rate fluctuations is produced. This test can be performed during the last 10 weeks of pregnancy, once or twice per week. It is usually performed at Los Olivos and takes approximately 30 minutes. You must schedule this with the receptionist.