

妊娠時のノンストレス検査

Non-stress Test in Pregnancy

A non-stress test checks your baby's heartbeat and movement during pregnancy.

Arrive on time for your test. The test is painless and takes about 30 to 60 minutes.

To Prepare

- Eat before the test. This may increase your baby's movement

During the Test

- The pads are put on the skin of your stomach. They are held in place with elastic belts.
- Your baby's heart rate is recorded by one pad. The other pad records your contractions.
- If the baby is not active during the test, you may be asked to move or the staff will try to make your baby move using noise or touch.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

ノンストレス検査では、妊娠中の赤ちゃんの心拍数や動きを調べます。

検査時間に遅れないでください。この検査は痛みを伴わず、所要時間は30～60分ほどです。

準備

- 検査前に食事をします。これにより、赤ちゃんに動きが活発になります。

検査中

- お腹の皮膚の上にパッドを付けます。パッドは伸縮性のベルトで固定されます。
- パッドの一つは、赤ちゃんの心拍数が記録されます。別のパッドで子宮の収縮を記録します。
- この検査の間に赤ちゃんの活動が見られない場合、動くように指示される場合や、赤ちゃんが動くように職員が音を出したり触れる場合があります。

検査結果は主治医に送付され、主治医から結果の説明を受けます。

質問や不明な事項については、主治医または看護師にご相談ください。

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