

GENESIS Obstetrics & Gynecology

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“Specializing in 3D/4D Ultrasound Imaging”

BIOPHYSICAL PROFILE

WHAT IS THE BIOPHYSICAL PROFILE AND WHAT DOES IT INVOLVE?

The biophysical profile is a test to help determine your baby's well being. The biophysical profile is a combination of fetal heart rate monitoring and ultrasound. During your ultrasound (the use of painless sound waves to picture your baby and its surroundings) four categories will be looked at. These areas include: 1) fetal breathing movement (when the baby practices breathing), 2) body movements (body/limb movements), 3) muscle tone (baby bends arms, legs or makes a fist), 4) amniotic fluid (a measurement of the fluid around the baby). There is a fifth category that includes the nonstress test. This test monitors your baby's heart rate and movements. Each of these 5 categories receives 0 or 2 points and are added together for a final score.

WHY IS THIS TEST DONE AND WHAT DOES IT TELL US?

Some of the reasons your doctor may order this test are*: high blood pressure past your due date diabetes non-reactive non-stress test decreased baby movements Intrauterine growth retardation (growth delay) *Other medical conditions may also require biophysical testing.

Another test which may be done is an AMNIOTIC FLUID INDEX (AFI). This test measures the amount of amniotic fluid around the baby. This test provides useful information and requires less testing time than the Biophysical Profile. These test results will give your physician valuable information to be used in caring for you and your baby.

SAFETY, LENGTH OF TIME FOR THE TEST AND PREPARATION FOR THE TEST:

The biophysical profile does not appear to pose any harm to you or your baby. Total testing time is usually 45 minutes, although this may vary depending on your baby's activity. It is important to eat before having the biophysical profile (unless told otherwise by your doctor). Eating helps encourage fetal movements.

We hope this information gives you a better idea of the role of the biophysical profile test during your pregnancy. If you have any other questions, ask your nurse or doctor.

Patient Initials

Date