

***GENESIS Obstetrics & Gynecology***

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“Specializing in 3D/4D Ultrasound Imaging”

**NON STRESS TESTS**

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

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Patient Initials

\_\_\_\_\_  
Date