

Baaritaanka Walaac La'aanta intaad Uurka leedahay

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.

Baaritaanka istarees la'aantu waxa uu hubiyaa garaaca wadnaha cunugaaga iiyo dhaqdhaqaaqiisa intaad uurka leedahay.

Imoow xiliga baaritaanka. Baaritaanka xanuun malahan wuxuuna qaadanayaa qiyaastii 30 ilaa 60 daqiiqo.

To Prepare

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

Si aad U diyaargarowdid

- Wax cun baaritaanka kahor. Arintaan waxay kordhin kartaa dhaqdhaqaaqa cunugaaga.

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.

Inta lagu jiro Baaritaanka

- Badhano ayaa la saarayaa dusha calooshaada. Waxaa meesha lagula dhajinayaa suun laastiig ah.
- Wadnaha cunugaaga waxaa lagu duubayaa hal badhan. Badhanka kale wuxuu duubayaa aruurka calooshaada.
- Haddii aan ilmahaagu dhaqdhaqaaqayn xiliga baaritaanka, waxaa lagaa codsan karaa inaad socoto ama shaqaalaha ayaa iskudayaaya inay dhaqaajiyaan ilmahaaga ayagoo adeegsanaaya dhawaaq ama taabasho.

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

Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

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

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.

© 2009 - December 1, 2020, Health Information Translations.

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Wexner Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain treatment.