



# Wilmington Maternal-Fetal Medicine

## Antenatal Testing Information

### **NONSTRESS TEST**

The nonstress test measures the fetal heart rate in response to fetal movement over time. The term “nonstress” means that during the test, nothing is done to place stress on the fetus.

Results of nonstress tests are classified as reactive or nonreactive. Most commonly, the nonstress test is considered reactive, or normal, if there are two or more fetal heart rate accelerations within a 20-minute period.

### **BIOPHYSICAL PROFILE**

The biophysical profile includes four observations done by ultrasound. The four components of the biophysical profile are: (1) fetal breathing movements, (2) fetal movement, (3) fetal tone, and (4) determination of the amniotic fluid volume.

### **Indications for Antepartum Fetal Surveillance and Frequency of Testing**

Initiation of testing at 32 to 34 weeks of gestation is appropriate for most pregnancies that are at increased risk of complications, including stillbirth. In pregnancies with multiple or particularly worrisome high-risk conditions, testing may be initiated as early as 26 to 28 weeks of gestation.

Some tests are repeated weekly. In certain situations, tests may be done twice weekly.

**If twice weekly testing is indicated, these tests should ideally be performed several days apart to maximize reassurance of fetal well-being. For example: NST on Monday at the OB office with Biophysical on Thursday at our office or NST Tuesday at the OB office with Biophysical on Friday at our office.**

