



ANTENATAL TESTING

Antenatal Testing Information

Antenatal (before birth) testing, helps us evaluate the well-being of your baby. We start the testing at 32 weeks gestation and is as follows:

Monday/Thursday or Tuesday/Friday
NST 2X / week AND BPP 1X / week

Definitions

- NST: Non Stress Test (Monitoring baby's heartbeat and contractions)
- BPP: Biophysical Profile (Ultrasound measuring breathing, tone, movement & amniotic fluid)

Possible Schedules

Schedule	1 st Option	2 nd Option
Monday or Tuesday	NST	NST with BPP
Thursday or Friday	NST with BPP	NST

Growth Ultrasound

- *All patients* should have one growth ultrasound between 34 - 36 weeks gestation.
- Some patients are also required to have serial growth ultrasounds.
 - **Serial Growth Ultrasounds** occur every 4 weeks starting at 28 or 32 weeks depending on patient status / provider discretion (growth ultrasounds can be done *with* your BPP at 28, 32, and 36 weeks)

Return OB Visits

- See a provider for a ROB (return obstetrical) visit every two weeks starting at 32 weeks. Therefore at 32, 34 and 36 weeks.
- And ROB weekly after 36 weeks (36, 37, 38, 39, 40)
 - **If you come in for antenatal testing, that does not mean that you have to come in for ROB visits unless it is one of the above stated weeks or otherwise informed by a provider
 - **Your visit might not fall on even weeks and that is ok