



Antepartum TESTING CENTER

Cytotec

Certain medical conditions may require the use of Cytotec, a medication that softens and ripens the cervix for labor. Your physician will discuss your options with you.

Cytotec Procedure

Before the tablet is inserted, empty your bladder. We will apply the external fetal monitor in the same manner as if you were having a Non-Stress Test.


- The doctor or nurse will insert the tablet vaginally near your cervix.
- You will then be asked to lie on your side. You will be asked to remain lying flat on your side for one hour to keep the tablet near the cervix.
- We will take your blood pressure at intervals during your stay.

Aftercare

After you are discharged, you may have mild uterine contractions at home. Consider taking the following steps:

- Take a warm shower if cramping becomes bothersome.
- If cramping becomes strong and regular, time contractions and return to the hospital.
- Rest on your side.
- Increase oral fluids for 24 hours.
- If you have a large gush of clear liquid (your water breaks), return to the hospital.

If necessary, your physician may ask that we schedule you for an additional Cytotec insertion.



For more information on the Antepartum Testing Center or other services of the Family Birth Place of Hackley Hospital, call 231.728.4930.



HackleyHospital

Personalized healthcare, close to home

1700 Clinton St.
Muskegon, MI
49442

231.726.3511 phone
800.825.4677 toll-free
www.hackley.org



family
Birth Place
of Hackley Hospital

Welcome

to the Hackley Hospital Antepartum Testing Center

Please take a few minutes to read the following information. We hope it will help you understand these procedures. Please be sure to consult your physician or nurse if you have any further questions.

*Thank you,
The Family Birth Place Nursing Staff*

Antepartum refers to the period of time before your baby is born. In our Antepartum Center, we perform Non-Stress Tests, Contraction Stress Tests, Oxytocin Challenge Tests, Cytotec Insertion and early labor observation.

Your physician's office will call the Family Birth Place and schedule your appointment.

- Use the front lobby entrance on Clinton Street when you arrive at the hospital.
- If you have not pre-registered, register at the Registration Office that is immediately to the right of the main entrance.
- If you have pre-registered, proceed to Room 205 on the Obstetrics Unit on the second floor of the North Wing.

The Antepartum Testing Center is open seven days a week.

The Non-Stress Test

We perform the Non-Stress Test (NST) for a number of reasons. Your physician may order the test if you have elevated blood pressure, have had problems during a previous pregnancy, have diabetes, are a smoker, are carrying twins, are beyond your anticipated delivery date or if your baby is showing less movement or growth than expected. The Non-Stress Test is not painful for you or your baby.

When a Non-Stress Test is Necessary

- Eat a meal or snack before coming to the hospital for your Non-Stress Test.
- Do not smoke for at least two hours before the test.

The Non-Stress Test Procedure

During your Non-Stress Test, you will sit in a recliner or bed. The nurse will place an external fetal monitor on your abdomen. The monitor has two, long, soft elastic belts that are strapped around your abdomen and two, small, smooth discs which fit under the belts. One of the disks will be covered with a cool gel to detect the baby's heart tones. The other will monitor your uterus to determine if you're having contractions. The monitor will feel snug but should not hurt.

You will be asked to push a button, attached to the monitor by a small cord, each time you feel your baby move.

The Non-Stress Test will take 30 to 60 minutes, depending on how much your baby moves. If your physician requires a retest, we will make an appointment for you before you leave the hospital. We will inform your physician of your test results.

Contraction Stress Tests

The Contraction Stress Test (CST) and the Oxytocin Challenge Test (OCT)

If the findings from your Non-Stress Test are inconclusive and further testing is needed, your physician may order a Contraction Stress Test or Oxytocin Challenge Test. These tests are designed to cause mild uterine contractions and should not be stressful to you or your baby.

When a Contraction Stress Test or Oxytocin Challenge Test is Necessary

The nurse will apply the external fetal monitor in the same manner as if you were having a Non-Stress Test. Contractions will be produced in one of two ways:

- For a Contraction Stress Test, you will be asked to gently stimulate the nipple of your breast with your fingers or a breast pump.
- For an Oxytocin Challenge Test, you will be given a medication called Oxytocin (also called Pitocin) intravenously. The medication will cause mild contractions.

These tests are not designed to induce labor. Contractions may be felt as tightening or pressure but will be mild. The tests generally take 30 to 60 minutes. Your nurse will explain the test to you in detail.

Once we have acceptable test results, we will remove the monitor. If your physician requires a retest, we will make an appointment for you before you leave the hospital. We will inform your physician of your test results.