



Fetal Assessment Center

Perinatal Associates of NM
201 Cedar SE, Suite 402
Albuquerque, NM 87106
(505) 563-8088



This pamphlet has been prepared for your information. It addresses some frequently asked questions and concerns about antenatal testing.

Why am I being tested?

Your physician has sent you for fetal assessment so that we can check on your baby's health. This will enable your physician to provide you and your baby with optimal care.

What is Fetal Assessment Testing?

The testing performed at the Fetal Assessment Center includes:

1. Nonstress Testing
2. Amniotic Fluid Index
3. Doppler Evaluation
4. Sonographic Fetal Activity Assessment

Your Appointment is Scheduled for:

If you have any questions about your appointment, or if you need to reschedule, please call the Fetal Assessment Center at 563-8088.

Kent F. Argubright, M.D.
Gary A. Aisenbrey, M.D.
Gary M. Joffe, M.D.



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Nonstress Testing: You will be placed in a comfortable reclining chair for the test. A fetal monitor is placed on your abdomen which allows us to hear and record the fetal heart rate. This test takes 20 to 40 minutes to perform.

Amniotic Fluid Index: This is a measurement of the amniotic fluid around the baby. The amount of amniotic fluid changes as the pregnancy progresses. The nurse uses ultrasound to measure the amount of amniotic fluid. Normal fluid helps to ensure a healthy pregnancy.

The Doppler: The doppler is also performed using ultrasound. A portion of fetal umbilical cord is located with ultrasound and then a doppler is used to record the blood flow through the umbilical cord artery. This gives your physician information about how easily blood passes through the placenta.

Sonographic Fetal Activity: This test uses ultrasound to evaluate three types of fetal activity:

1) breathing; 2) limb movements; and 3) fetal muscle tone.

Biophysical Profile: This test combines the Nonstress Test, Amniotic Fluid Index and Sonographic Fetal Activity as a numerical score. This number provides numeric evaluation of fetal well-being, much like the Apgar score given the newborn infant.

How Long Will These Tests Take?

You should plan on these tests taking an average of one and one half hours.

Which Patients are Candidates for This Testing?

Some indications for testing are listed below:

- Decreased fetal movement
- Diabetes
- High Blood Pressure
- Past due date
- Pre-term labor

These are common reasons your physician may order this testing for you.

Will my Insurance Company Cover the Cost Associated with Fetal Assessment Testing?

Most insurance companies cover the cost of the fetal assessment testing. If you have questions please contact your insurance carrier directly. If we can be of any assistance, please feel free to call our Billing Office at 764-0148.

Where can I Obtain More Information About Fetal Assessment?

If you have additional questions, please feel free to ask us during your appointment or call us at 563-8088.

