



# Outpatient Fetal Monitoring (NST)

PATIENT LABEL

## Intake Form

Phone: 604-875-3100 Fax: 604-602-8656

Date: \_\_\_\_\_

Ordering Provider: \_\_\_\_\_ Billing #: \_\_\_\_\_

Referring Provider's Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Referring Office Direct Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Copies to: \_\_\_\_\_ Billing #: \_\_\_\_\_

\_\_\_\_\_ Billing #: \_\_\_\_\_

Is patient delivering at BC Women's Hospital?  No  Yes

MRSA positive

Fetal Monitoring Appointment(s)	
Date:	_____
Time:	_____
Date:	_____
Time:	_____

### OBSTETRICAL HISTORY:

G: \_\_\_\_\_ T: \_\_\_\_\_ P: \_\_\_\_\_ Ect: \_\_\_\_\_ SA: \_\_\_\_\_ TA: \_\_\_\_\_ L: \_\_\_\_\_ Pronoun(s): \_\_\_\_\_

EDD    /   /     Singleton  Multiples #      Unknown  LNMP (if EDD not known)    /   /     
DD MM YY DD MM YY

Has patient had previous ultrasound exam(s)?  No  Yes (BCWH)  Yes (Other facility) - **ATTACH REPORTS**

Does patient have upcoming ultrasound booked?  No  Yes Date: \_\_\_\_\_  BCWH  Other

**Please refer to the NST guidelines on our website** <http://www.bcwomens.ca/our-services/pregnancy-prenatal-care/fetal-monitoring> prior to requesting an assessment.

### EXAMINATION REQUESTED:

Fetal Monitoring (NST) - Submit Antenatal 1+2 and Dating Ultrasound

(Dating US = > 7+0 wks GA)

Post Dates Assessment (41wks - NST & AFI included)

Other: \_\_\_\_\_

### INDICATIONS:

AMA (38wks - NST + AFI included)

**\*\*If this is an urgent request please call to confirm your form was received, and that we can accommodate\*\***

Pertinent History: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

Priority:  Urgent  <48 hrs  within 7 days  Book at: \_\_\_\_\_ weeks gestation

### Referring Office Patient Checklist:

Ok for BC Women's Hospital to contact patient?  No  Yes

please ask patient to bring adult interpreter with them to their appointment if needed

Care Card and Photo ID

Directions (Entrance #93)

Scent-free clinic

Patient aware of appointment date and time

For BC Women's Office use only:	
Triage Note:	_____
	_____
	_____
	_____
	_____
	_____
	_____
<input type="checkbox"/> US/PN attached	<input type="checkbox"/> Office aware
<input type="checkbox"/> CERNER scheduled	
EDD _____	Initials _____

**PLEASE NOTIFY US IF UNABLE TO KEEP APPOINTMENTS SO THAT ALL POSSIBLE SPACE IS UTILIZED**

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Fetal Monitoring - Patient Information

We hope the following information will help prepare you for appointment and answer some of the questions you may have.

You should not be uncomfortable. Bring your Care Card and photo ID with you. Please do not wear any perfume as we are a scent free facility.

### What is Fetal Monitoring, also known as Non-Stress Test (NST)?

The certified Registered Nurse who performs the Fetal Monitoring will explain everything to you. The pattern of a baby's heartbeat often reflects the baby's wellbeing. The fetal monitoring assessment provides an ongoing visual tracing of the heart rate over a period of 20 minutes or more, and may also show the contractions you are experiencing. The Nurse will evaluate the results and consult a physician if needed during the NST. Your doctor will be contacted, if necessary, and further appointments may be booked depending on the reason for your referral and the individual results.

### Who may attend the visit with me? How do I cancel/rebook my appointment?

- Due to limited space and infection control precautions, support persons are not typically invited *into* the Fetal Monitoring room, but may wait in the nearby waiting room during the 30 minute appointment.
- Small children must be accompanied by an adult other than yourself.
- If you need to cancel or rebook your appointment, please contact the Fetal Monitoring clerk as soon as possible by telephone at 604-875-3100.

### Where is the BC Women's Fetal Monitoring Service located?

The hospital is located at 4500 Oak Street. Once you have entered the hospital site, follow the driveway to BC Women's Hospital Main Entrance #93 (Visitors/Outpatients). Please check-in at Desk 4. *(If Entrance #93 is closed, please use Entrance #97.)*

### What is ultrasound?

Ultrasound is sometimes used in conjunction with Fetal Monitoring in order to determine your baby's wellbeing and current condition.

Ultrasound is a sound wave that humans cannot hear. An ultrasound scanner sends these sound waves into your body. The sound waves are reflected back and converted into pictures on the screen. *There are no known harmful effects from ultrasound to you or your fetus (unborn baby).*

- AFI/Doppler Ultrasound (US) are limited US appointments. Full imaging of the fetus does not occur for AFI/Doppler US appointments.
- A single support person may attend this scan with you.
- Small children must be accompanied by an adult other than yourself.
- A full bladder is not required for AFI/Doppler US exams. It's important for people to be well hydrated but they should be comfortable.

**For more information, please visit:** <http://www.bcwomens.ca/our-services/pregnancy-prenatal-care/fetal-monitoring>

### Expected Report Distribution Time

All NST reports can be accessed through CST Powerchart by the MRP provider.

**\*\*Using the Fetal Monitoring Intake form, the only ultrasound being booked by the Fetal Monitoring clerk is for Post Dates scans and for AMA.**