

NST cheat sheets

Based on ACOG CO June 2021

Indications for Outpatient Antenatal Fetal Surveillance

Recommend

Reason for NST	Number per week	BPP	EGA to start
IDDM	2	weekly	32
GDM- insulin or any poor control	2	weekly	32
GDM-orals	2	Prn NR-NST	32
GDM- diet	1	Prn NR-NST	40
FGR EFW 11th-20th	1 (regardless of UAD)	Prn NR-NST or with UAD	At dx
FGR EFW 3 rd -10th	1 if NL UAD, 2 if ABNL UAD	weekly	At dx
FGR <3rd	2 (regardless of UAD)	weekly	At dx
CHTN stable (meds)	1	Prn NR-NST	32(*36 no meds)
gHTN/preE	2	weekly	At dx
oligohydramnios	1-2	weekly	At dx
Twins	1 (inc or add BPP for complications)	Prn NR-NST	36 DC 32 MC

Recommend

Indication for NST	Number per week	BPP	EGA to start
BMI 35-39.9 pre-preg	1	Prn NR NST	37
BMI 40 or greater	1	Prn NR NST	34
AMA 40 or greater (isolated)	1	Prn NR-NST	32-36
h/o IUFD	1-2	weekly	32 (individualize if loss <32)
Polyhydramnios (AFI 30 or more, MVP 12 or more)	1-2	weekly	32-34
Decreased fetal mvmt	1 at dx	Prn NST	At dx (need not rpt if resolves)
Sickle cell dz	1-2	weekly	32
Suspected abruption	2	Prn NR-NST	At dx
Late term (41 wks)	1-2	1	41 wks
SLE	At least 1	weekly	By 32
APAS	2	weekly	By 32
ICP	1-2	1	BPP at dx, NST by 32 wks
IVF (SMFM recs MAR 2022)	1	Prn NR NST	36

Consider

Reason	Number per week	EGA to start	BPP
Prior FGR w/PTB	1	32	
Prior preE with PTB	1	32	
Inhibin 2 MoM or greater	1	36	
Velamentous PCI or SUA	1	36	
Renal dz Cr > 1.4 mg/dl	1-2	32	
5 or more alcoholic drinks per wk	1	36	
SUA (SMFM recs on markers 2022)	1	36	prn