

Biophysical Profile

Scoring: The non stress test (2), fetal breathing movement (2), Fetal tone (2), Fetal movement (2), amniotic fluid (2)

- Eight to ten is usually considered normal.
- Six is considered equivocal (uncertain).
- Four or less is considered abnormal.
- To get 2 points of breathing : one or more episodes of rhythmic fetal breathing movements of 30 seconds or more within 30 minutes)
- To get 2 points of movement: three or more discrete body or limb movements within 30 minutes
- Fetal tone: one or more episodes of extension of a fetal extremity with return to flexion, or opening or closing of a hand
- Amniotic fluid: a single vertical pocket of amniotic fluid exceeding 2 cm is considered evidence of adequate amniotic fluid

The modified BPP combines the nonstress test and an evaluation of the amount of amniotic fluid called the amniotic fluid index (AFI).

The largest pocket of amniotic fluid is measured in each of the four quadrants of the mother's abdomen using ultrasound. All four quadrants added together give the amniotic fluid index.

- AFI: < 5: oligohydramnios ; >25: polyhydramnios

BPP

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