

Contraction Stress Test

The contraction stress test is interpreted by the presence or absence of late fetal heart rate decelerations.

- *Negative*: No late or significant variable decelerations.
- *Positive*: Late decelerations following 50 percent or more of contractions (even if the contraction frequency is fewer than three in 10 minutes).
- *Equivocal-suspicious*: Intermittent late decelerations or significant variable decelerations.
- *Equivocal-hyperstimulatory*: Fetal heart rate decelerations that occur in the presence of contractions that are more frequent than every two minutes or last longer than 90 seconds.
- *Unsatisfactory*: Fewer than three contractions in 10 minutes or a tracing that is not interpretable.

Relative contraindications to the contraction stress test usually include conditions that are associated with an increased risk of preterm labor and delivery, uterine rupture or uterine bleeding.

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