

# Oxytocin Stress Test

**Oxytocin stress test** is an examination that we perform within 10 days after the delivery date (ie 41 + 3 days), when the woman does not go into labor spontaneously. This test will show us whether the fetus is able to tolerate the load that childbirth represents and will also give us an idea of the reactivity of the uterus and its ability to start contracting.

## Test Execution

This is an outpatient examination in the delivery room. We must constantly monitor the fetal heartbeat on the CTG. The examination takes about one hour.

First, we record a twenty-minute resting CTG recording of the woman. Then, a small dose of oxytocin dissolved in glucose is introduced to the woman through a cannula, which has the task of inducing uterine contractions. We gradually increase the infusion rate in three intervals. At the end of the test, we will record a quiet twenty-minute recording again.

## Test Result

If the uterus responds as it should, the woman will start to experience uterine contractions. Based on the examination and evaluation of the CTG recording, the doctor devises the next procedure. If the result is positive, the woman can still go home. In case of a suspicious result, they must remain under medical supervision. Below are the possible test results:

- **positive test:** uterine contractions were induced, fetus responded well, CTG physiological;
- **suspicious test:** uterine contractions were induced, fetus did not respond well, CTG suspicious;
- **negative test:** uterine contractions were not induced, CTG physiological.

After passing this test, the uterus is stimulated with oxytocin. Induced contractions often do not disappear, but on the contrary, they intensify and labor is induced.

## Links

### Related Articles

- Diabetes mellitus in pregnancy
- Fetal hypoxia

### References

- COLLECTION OF AUTHORS,. *Naše porodnice* [online]. [cit. 2019-06-15]. <<https://naseporodnice.cz/oxytocinovy-zatezovy-test-ozt.php>>.