



"Call the Midwife": How and When **778-790-0999**

For non-urgent concerns

For non-urgent questions, we ask that you please make a list and wait until your next Appointment.

If a question can't wait for the next appointment, for example- "I need to change my appointment", "I need a refill for my Diclectin prescription"... please email us at mountainmidwiferycollective@gmail.com. We will get back to you within several days.

Please sign all emails with your first and last name so we may better serve you. If it does not already, please consider changing your email display name to match your current last name so we may more accurately locate you in our system.

Our phone line does not receive text messages. Please note that a voicemail will not ring on our cell phone but will appear as an email.

For urgent concerns

If you're in labour, your water has broken (see below), you have any of the symptoms below, please call **778-790-0999 (press 1 to speak to the midwife on call)**. This will ring on the ON-CALL midwife's personal phone. If we aren't able to answer it right away, messages will go to voicemail and we will respond within 10-15 minutes.

*PLEASE NOTE: If you don't hear back from us within 10 minutes after you have called, please call again. If you still don't reach us, **call the hospital at 250-558-1213**. The nurses have our private phone numbers on file.*

Examples of urgent concerns in PREGNANCY:

Warning signs that warrant further assessment or discussion with a midwife that you should call about include:

- Your baby moves less than 6 times in 2 hours (after 28 weeks) - please sit down to count if you are worried, then call
- Sudden and severe nausea and vomiting
- Severe abdominal pain
- Headache which does not resolve with tylenol especially if you are also noticing vision changes and/or are generally feeling unwell
- Bleeding from your vagina that is bright red and more than a teaspoon
- You have a persistent fever
- You think you might have a bladder infection

Examples of urgent concerns relating to LABOUR:

Before 37 weeks

Please call if you have contractions that are more frequent than once every 10 minutes or if you think that your water has broken.

After 37 weeks

If this is your **first baby** please remember the 3-2-1 rule:

- If you have regular and strong contractions that you have to breathe through, and can't talk through, which have been consistently 1 minute long, and 3 minutes apart and this has been going on for 2 hours, it's time to meet for a labor assessment.

If this is your **second baby** the 5-1-1 rule applies:

- A contraction every 5 minutes for 1 minute, strong and regular for 1 hour means we should meet for a labour assessment.

As second babies tend to come quicker than the first, women beyond the second baby usually have a pretty good idea, based on their first two (or more) births, when it's time to call. Of course, it also depends on how far your (or our) drive is.

When to page with RUPTURED MEMBRANES (e.g. your water breaks):

This is usually a very obvious event! However, many women will notice other fluids coming out of the vagina toward the end of pregnancy, which may not be amniotic fluid, and which may make you wonder if your water has broken. It is very rare that your water breaks with just a teaspoon of fluid.

Before 37 weeks

Please call any time, day or night, if you think your water has broken.

After 37 weeks, and GBS positive

Please call right away if you know you're GBS positive and you think your water has broken.

After 37 weeks, and GBS negative

During the **day**, please let us know if you think your water may have broken.

During the **night**, please check these things:

1. Is the amniotic fluid clear? If it is **brown** or **green**, or **bright red bloody**, please call right away (**some pink or brown bloody show is normal**)
2. Is the baby moving when you do what usually wakes baby up?
 - a. If Yes, that's very reassuring. If No, please call right away.
3. For some clients we may ask to call us immediately if the water breaks. This is usually when the baby is not head down, you have twins, have a booked c-section or the baby's head is not at all in the pelvis. If you have never heard us say this, this does not apply to you.

So, if the fluid is clear, you're GBS negative, your baby is moving and you don't have contractions yet, try to sleep a little longer. Give us a call in the morning so we can meet and make a plan for where to go from here.

With ruptured membranes most women go into spontaneous labour within 24 hours
- Please call us once you reach the 3-2-1 or 5-1-1 rule (see above), day or night!

Examples of urgent concerns in the POSTPARTUM period:

- You have fever, aches or chills
- Your vaginal bleeding fills a regular pad in one hour or less, has a foul odour, or has clots that are the size of a golf ball or bigger
- Your baby is not waking to feed at least every 4 hours
- Your baby is so sleepy that you cannot wake them to feed, or they are very floppy when not in a deep sleep

A FEW MORE THINGS:

Bloody show : when the cervix opens there is 'bloody show', a dark red/brownish/pink discharge that is very normal as the labour progresses. Up to a couple tablespoons can be normal. **If you are concerned about the amount of blood you're seeing, please call right away.**

The reason why we are distinguishing between night and day calls is that not everybody needs to go to the hospital in the middle of the night. Sometimes it's more about reassurance. If you need reassurance or you are unsure even after reading the above notes, please call! We just don't need 'heads up' calls in the night, as we are already aware that we are on call for births 😊

**YOU ARE YOUR BABY'S BEST ALARM SYSTEM! IF THERE IS SOMETHING YOU
ARE TRULY CONCERNED ABOUT, PLEASE NEVER HESITATE TO CALL!
WE WILL MEET YOU DAY AND NIGHT!**

