



WHEN AND HOW TO CALL THE MIDWIFE

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My cell phone doesn't come in at home

Things to remember when calling or before coming for a visit...

1. Try calling the home/business phone first and then the cell phone if no answer. Always leave a message with you name, date and time called, and how to reach you.
2. Always call 30 minutes before leaving to come for your visit to make sure that we are not out catching a baby. If there is no answer please leave a message. If we do not return your call promptly we will contact you to reschedule your visit.
3. Remember text messages are not private and no personal information will be sent in this manner.
4. To help safeguard our family time, non-urgent calls that are received after 7pm during the week and all calls on the weekend will not be returned until the following business day.

Warning Signs in Pregnancy to call your midwife about immediately...

- Bleeding from your vagina
- Sudden swelling in your hands or face
- Nausea and vomiting that is not going away
- Fever or chills
- Severe Abdominal or pelvic pain
- Sudden gush of fluid from your vagina
- Severe headache that does not go away
- Difficulty or burning pain with urination
- If, after you have already started to feel your baby move, you haven't felt your baby move for a while
- Preterm labor (contractions that are consistent and regular prior to 37 weeks', these may or may not be painful)
- Vision changes (blurred vision, dizziness, seeing spots before your eyes, fainting, blacking out)

When to call in Labor...

We would like to know if you think you may be in labor as soon as possible, day or night, so we can plan accordingly. Call if any of the following are present:

- Water broke (if certain or not)
- A green/brown tinge of any fluid leaking from the vagina
- Constant abdominal pain
- Fresh, bright red vaginal bleeding
- Unusual movement of the baby
- Fever of 100.4 or more
- When you think that you may be having regular uterine contractions becoming longer and stronger which have lasted for at least an hour despite resting, drinking, and trying a bath
- Strong, intense uterine contractions, with rectal pressure

When to call Postpartum...

Baby

- Difficulty waking, lethargic behavior
- Decrease in frequency of feedings, too sleepy to nurse
- Less than 6 wet diapers and less than 3-4 dirty diapers after the first week
- Temperature >100.4

Mother

- Increase in postpartum bleeding (>2 pads in an hour)
- Fever of 100.4 or more
- Tenderness or pain in the abdominal/pelvic area or your bottom
- Leg pain with or without swelling and redness
- Extreme discomfort when nursing that continues after the initial latch

