

When to Call Your Midwife

Your first step in reaching your midwife is to check the clinic voicemail (604-708-0738) to find out which midwife is on call. On occasion, another midwife may cover for us if we are unavailable for a few hours (sleeping after being awake all night at a birth, for example). It is important that you always check the voicemail for the most up to date information. Also, if you have call display you may have access to our home or cell phone numbers. We ask that you please continue to use the pager to contact the on-call midwife as this is the most efficient way to reach us and the least disturbing to our own families.

Please call us anytime, day or night for the following urgent reasons:

You think you are in labour, you are greater than 37 weeks gestation and:

First Baby → 3-1-1 Rule: You are experiencing consistent, strong contractions, every three minutes, each one lasting one minute or longer and it's been like this for over one hour

Second Baby (or more) → 5-1-1 Rule: You are having strong contractions every five minutes, lasting one minute long, for one hour.

Your water breaks and:

- the water has a strong odour and/or it is any colour other than clear (very light pink is ok)
- you are GBS positive
- you do not feel your baby moving normally (less than 10 movements in 2 hours)

At night ~ If you are greater than 37 weeks gestation (21 days or less until your due date), you can go back to bed and wait until morning to call your midwife if the water is clear, it is not foul smelling and your baby is moving. If you think your water has broken, do not put anything in your vagina or take a bath, although a shower is ok.

Other reasons to call us day or night:

- You are less than 37 weeks gestation and you think labour might be starting or your water breaks
- You have a large amount of bleeding, more than “show”
- **Any of the following:** sudden extreme swelling in hands or face, severe headache that does not respond to treatment, persistent blurred or spotty vision, severe pain under the ribs on the right side of your abdomen
- You notice an outbreak of blisters anywhere around your genitals
- You have a fever greater than 38°C
- You have concerns about fetal movement (less than 10 movements in 2hrs)
- **You are anxious or worried:** Call any time if you are experiencing significant anxiety or urgent concern about the well being of yourself or your baby

“Heads Up Calls”

During daytime hours, usually between 9am and 9pm, you can give your midwife a “heads up” call if you think your labour is starting and you are having mild or moderate contractions for a period of time. You do not need to call us to tell us your “mucous plug” has fallen out since it may still be several days or even longer before your labour begins. A “heads up” can help us plan our day so that we are available for you later, when you may need us.

An important note about paging:

After paging your midwife please stay off the phone so that we can return your call. Technology isn't perfect and in rare circumstances we may not receive your page. If we do not return an urgent page within 15 minutes, please page again. In the event that you still do not hear from your midwife and the situation can not wait, please call the hospital you are registered at – they will help you reach your midwife.

***BC Women's Hospital Labour and Delivery Assessment Room – 604-875-3070
St. Paul's Hospital Maternity Unit – 604-806-8349***

For urgent midwifery related concerns, after calling the clinic to find out which midwife is on call, our pager numbers are:

Leanne Yeates RM - pager number: 604-801-2712

Thea Parkin RM – pager number: 604-473-8432

Martha Roberts RM – pager number: 604-205-1677

Cora Beitel RM – pager number: 604-268-1818