



**“Call the Midwife”: When and How**

**778-790-0999**

**IN PREGNANCY**

***For non-urgent concerns***

If you have non-urgent questions that can wait until your next appointment, please make a list and ask them then.

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 either email us at [mountainmidwiferycollective@gmail.com](mailto:mountainmidwiferycollective@gmail.com) or leave a voicemail at 778-790-0999 (press 2 to leave a voicemail). We will get back to you within several days. Our phone line does not receive text messages. Please note that voicemail will not ring on our cell phone but will appear as an email. You will not wake us up- This feature is basically an 'office phone'.

***For urgent concerns***

If you're in labour, your water has broken (see below), you're sick and it could have to do with your pregnancy, or your baby's movements are less than 6 times in 2 hours (in your third trimester) please call 778-790-0999 (press 1 to speak to midwife on call). This will now ring on the ON-CALL midwife's personal phone. If we don't get to answer it right away, messages will go to voicemail.

**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.**

## IN LABOUR

### *Before 37 weeks*

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

### *After 37 weeks*

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

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, 3 minutes apart and this has been going on for 2 hours, it's time to meet for a labour assessment.

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

A contraction every 5 minutes for one 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.

### RUPTURED MEMBRANES (when 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, GBS positive***

Please call if you know you're GBS positive so we can initiate GBS prophylaxis (antibiotics) as per our discussion in clinic. (We do a vaginal/ rectal swab between 35-37 weeks in clinic and you will know all about this by the time you're 37 weeks!)

### *After 37 weeks, 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 (**some bloody show** is normal)
- 2) Is the baby moving when you do what usually wakes baby up?  
If Yes, that's very reassuring If No, please call
- 3) Some clients we may ask to call us immediately if the water breaks. This is usually when baby is in a non-head-down position, you have twins, 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 90% of 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!

### **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. But usually this is dark and, until in active labour, less than a pad every hour. **If you are concerned about the amount of blood you're seeing, please call.**

The reason why we are distinguishing between night and day calls is that not everybody wants or needs to go to the hospital in the middle of the night. Sometimes it's more about reassurance. If you can't figure out after the above notes what to do, 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!**