

PAGING YOUR MIDWIFE IN PREGNANCY AND LABOUR

For **URGENT** clinical concerns

DIAL **613-545-7999** EXT # _____

(listen for your midwife's name, as the ext. may change)

For non-urgent concerns, please call the office 613-544-7127

Our midwives cover a large rural area and may be out of cell phone range when providing home care. If you can't reach your midwife after 2 attempts, first dial another extension, if you are still unable to reach a midwife, call Labour & Delivery at Kingston General Hospital: 613-548-2315.

DURING PREGNANCY

Call 911 and then page your midwife if:

- Your water breaks and umbilical cord is in the vagina or hanging from the vagina

Page your midwife if you have:

- Vaginal bleeding – spotting is normal after having a vaginal exam or sex
- Severe pain in your belly; abdominal pain
- Severe headache, blurred vision, new nausea or vomiting
- Waters break – please pay attention to the colour and smell of the fluid
- Decreased or lack of fetal movement
- Fever higher than 38 °C (100.4 °F) uncontrolled by Tylenol
- Regular contractions before 37 weeks of pregnancy
- You think you have a bladder infection
- You need to go to the Emergency Department for a problem that is not related to pregnancy and you are more than 20 weeks (5 months) pregnant

DURING LABOUR

If this is your 1st baby

- Page if your contractions are strong, 4 minutes (or less) apart, lasting 1 minute and this pattern has been going on for at least an hour (4-1-1)

If this is NOT your 1st baby

- Page if your contractions are strong, 5 minutes apart lasting more than 50 seconds.

Page if contractions are very strong, even if they are not regular.

Also page if:

- Your water breaks - Note the colour, smell, and baby's movements
- Page if you are bleeding and it is like a period or running down your leg
- If you are in labour and are confused or not coping well

PAGING YOUR MIDWIFE AFTER THE BABY IS BORN

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PAGE AFTER BIRTH IF YOU HAVE

- Completely soaked through a maternity pad in 60 minutes or less
- A fever of greater than 38 °C (100.4 °F)
- A sore, red, painful, hot area on your breast or chest
- Flu-like symptoms
- Persistent uterine tenderness
- A vaginal discharge that smells very bad. It should smell like a strong period-smell
- Blurry vision, upper abdominal pain or severe headache
- Ongoing feelings of depression, uncontrolled crying, inability to sleep or eat, extreme anxiety or agitation
- Sore reddened, painful, hot area on your leg, especially the calf
- Severe chest pain

PAGE IF YOUR BABY

- Is breathing more than 1 breath/second for more than 10 minutes
- Has not peed or pooped in the first 24 hours after the birth
- Will not eat for greater than 6 hours
- Has a temperature of greater than 37.5 °C/ 99.5 °F or less than 36.3 °C (97.3 °F)

Are you unsure if you should be paging?

- Check the "What's Normal" sheet in the Baby section of the binder
- If you are thinking about seeing your family doctor or obstetrician for anything related to post-partum or newborn care, please page your midwife or call the clinic.