

## When to Call the Midwife

### To page the midwife on call : 1-778-760-2886

Please remember this number is for emergencies or labour only. We ask that any questions you have wait until your next office appointment or call the office if an answer is needed earlier. Please refer to our resources section of the website as this may answer your question before calling.

#### How to page:

- Call 1-778-760-2886 and leave a brief voice message. Please stay by your phone and keep the line clear for us to call you back
- If you do not receive a call back within 10-15 minutes, please page again
- If you do not receive a call back within 10 minutes on the second page, please call 604-535-4500 extension 757273 and state you are trying to contact your midwife

#### When to page (Active Labour):

- FIRST BABY: use the 4 - 1 - 1 rule. When you are having regular strong contractions occurring every 4 minutes, for over 1 hour with each lasting a 1 minute or longer, page your midwife.
- SECOND (or more) BABY: use the 5 - 1 - 1 rule (unless your midwife has instructed you otherwise). These are regular, strong contractions every 5 minutes, for 1 hour and lasting 1 minute long.
- If you are worried or think the labour is progressing rapidly, even if it doesn't follow the 4-1-1 or 5-1-1 rules, please page the midwife.
- If you are less than 37 weeks with contractions, or symptoms of preterm labour, please page the midwife

Timing Contractions: Contractions are timed from beginning of one contraction to the beginning of the next, noting the duration of the contraction. This will give you the frequency. Write down the start time of each contraction and the length of it.

#### When to page (Ruptured membranes - Water Breaks):

- If your water breaks (you have a large gush of fluid or persistent leaking) and ALL of the following apply, you can put on a pad, go back to bed, and call us in the morning (unless we have given you other instructions)
  - The fluid is clear
  - The midwife has told you head is well down
  - Your baby is active and moving normally
  - You are GBS NEGATIVE
  - You are 37 weeks or over
  - It is the middle of the night

Once the water has broken: Do not put anything inside the vagina • Do not have a bath until you are in active labour (showers are OK) • Take your temperature every two hours while you are awake, page the midwife immediately if it is over 38°C or 100.4°F

- If your water breaks (you have a large gush of fluid or persistent leaking and ANY of the following apply PLEASE PAGE IMMEDIATELY
  - If you feel something in the vagina, see something at the entrance of the vagina, or something is hanging outside of the vagina: get in a knee chest position on the floor and page the midwife immediately. If you are sure it is the umbilical cord, call 911, then page the midwife.
  - You are GBS Positive
  - The fluid is brown, green or bloody
  - The fluid has an odour
  - You develop a fever (38 degrees and up)
  - You are less than 37 weeks pregnant
  - You are having regular, strong contractions
  - The baby is not moving normally

### **What is early labour and why staying at home is best:**

Early labour may take 24-48 hours to become "active labour". Early labour often involves periods of contractions that can become regular for a while then will decrease in frequency and strength. This pattern may occur over several days especially if it is your second (or 3+) baby. Any rest you can get will benefit you during labour.

Tips for relaxing and sleeping in early labour:

- Have a warm bath or heating pad
- Try Gravol: 50-100mg (1-2 tablets) takes the edge off and helps you sleep or drift off between contractions
- Use relaxation techniques; breath deeply, consciously relax all your muscles and then do it all over again at least seven times
- Make sure you eat and drink
- Have a nap
- As much as possible try to ignore these early labour contractions. Do not think about how much stronger they are going to get or how long labour will be. Stay in the now

Heads Up Calls: Please reserve heads up calls for the office phone number during business hours to keep our emergency pager free.

### **Other reasons to page:**

- You are experiencing bleeding
- You have an urgent health concern for you or your baby
- You have been in a car accident or sustained trauma to your abdomen
- You are planning to go to the Emergency Room or Maternity Unit

Please note this is not a comprehensive list of reasons to page