

WHEN TO CALL YOUR MIDWIFE

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

State your name, and reason for your call. Keep your line free for the return call with your ringer on. Make sure Do Not Disturb is not enabled! 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 page one more time and then call the Peace Arch Hospital Family Birthing Unit 604-535-4500 #757 273

FIRST BABY: Use the **4 – 2 – 1 rule**. When you are having regular strong contractions occurring every 4 minutes, for over 2 hours that are lasting over 1 minute long, then call the midwife. These are strong contractions that you should not be talking through.

>SECOND BABY: Use the **5 -1 -1 rule** unless your midwife has instructed you otherwise. When you are having regular, strong contractions every 5 minutes, for 1 hour that are 1 minute long, page the midwife.

If you are worried about something, or think the labour is progressing rapidly, even if it doesn't follow the 4-2-1 or 5-1-1 rules –please page.

If you are less than 37 weeks pregnant, with contractions or symptoms of preterm labour, please page.

Contractions are timed from beginning of one to the beginning of the next, noting the duration of the contraction. This will give you the frequency. Write down the contraction start time, and the length of it. Or, use a tracking app.

Do not start timing early labour contractions that you can talk through or do not have to breathe through.

When to page with ruptured membrane (water breaking)

-If your water breaks at night, and you have no other concerns, you can put on a pad and go back to bed. Page in the morning and make note of the time of the gush of fluid.

If you have a large gush of fluid or persistent leaking AND ANY OF THE FOLLOWING APPLY, YOU NEED TO PAGE US RIGHT AWAY:

- you are GBS positive
- the fluid is brown, green or very bloody
- the fluid has a unusual or unpleasant odour

- you develop a fever (over 38 degrees) and feel unwell
- you are less than 37 weeks pregnant
- you are having regular, strong contractions
- the baby is not moving normally

Once your water has broken, do not insert anything into your vagina

Do not have a bath until you are in active labour (shower ok until then)

What is early labour, and why staying 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, shower or use a heating pad
- Try Gravol: 50-100mg (1-2 tablets) takes the edge off and helps you sleep or drift off between contractions. Take Tylenol, as per the dosage on a bottle of regular or extra strength variety.
- Use relaxation techniques; breathe deeply, consciously relax all your muscles
- Make sure you eat and drink
- Have a nap
- As much as possible try to ignore these early contractions. Do not fixate on how much stronger they are going to get (because they will!) or how long labour will be. Stay in the moment.

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 emergency 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 for any reason

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