



## When To Call Your Midwife

**When you need to speak to your midwife immediately or for urgent matters please page 250.703.7559.**

If you do not receive a call back within 10 minutes, please page her again this time leaving a voice message both on the pager and on the office number. **\*In the unlikely event of a pager malfunction (ie. You've paged your midwife 3 times and there has been no response) please contact St Joseph's Hospital and ask for us at labour and delivery.**

For non urgent calls that can wait or to book/change an appointment, always call the office number and leave a message on the voice mail. Your call will be returned as soon as possible.

**IN PREGNANCY** - Call if any of the following are present:

- Persistent and excessive vomiting
- Episodes of dizziness, fainting or disorientation
- Difficulty or burning pain with urination
- Persistent and severe mid-back pain
- Fever 38C or more on two occasions 4 hours apart
- Vaginal bleeding
- Severe pelvic or abdominal pain
- Initial outbreak of blisters in the perineal or anal area during first trimester
- Severe headache, blurred vision, or epigastric (mid-chest between the ribs) pain
- Rupture of membranes – gush of fluid from the vagina
- Regular uterine contractions before 37 weeks
- Change in pattern of fetal movement: cessation or noticeable decrease; sudden violent or thrashing movements

**IN LABOUR** – Call if any of the following are present:

- Rupture of membranes
- A green or brown tinge (flecks) in any fluid leaking from the vagina
- Constant abdominal pain
- Fresh, bright red vaginal bleeding
- Regular uterine contractions becoming longer and stronger which are **5 minutes apart, lasting 1 minute long and this pattern is consistent like clockwork for 1 hour – (\*511 rule)**
- Strong, intense uterine contractions, with rectal pressure
- Unusual fetal movement
- Maternal fever 38C or more

### **POSTPARTUM SITUATIONS REQUIRING IMMEDIATE CALL TO MIDWIFE**

#### **Baby**

- Difficulty waking, lethargic behaviour
- Decrease in frequency of feedings, too sleepy to nurse
- Less than 6 wet diapers and less than 3-4 dirty diapers after the 4th day postpartum
- Temperature >37.6C

#### **Mother**

- Any increase in postpartum bleeding
- Fever of 38C or more
- Tenderness or pain in the pelvic area or in the vulva/perianal area
- Leg pain with or without inflammation
- Extreme discomfort while nursing (following the first minute of initial latch)

#### **IMPORTANT NUMBERS**

Pager: (250) 703-7559  
Clinic: (250) 890-0832  
[office@plummidwifery.com](mailto:office@plummidwifery.com)

SJGH: (250) 339-2242  
(ask for labour and delivery)