



## When To Call Your Midwife

**When you need to speak to our on-call midwife immediately for urgent concerns, please call our pager at 250.871.1414. If you do not receive and call back in 10 minutes, please page again.**

**\*In the unlikely event of a pager malfunction (i.e. If you've paged your midwives 2 times within 30 minutes times and there has been no response), please contact Comox Valley Hospital at 250.331.5900, ask to be transferred to Mat/Child, and then ask the nurse to contact the Plum Midwifery on-call midwife on your behalf.**

For non-urgent clinical concerns, please call or email or office. We encourage you to email us with appointment requests or confirmations. **Please note:** Our midwives will call, rather than communicate by email, when a response concerning your care is of a confidential or sensitive nature.

**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

### IMPORTANT NUMBERS

Pager: 250.871.1414

Clinic: 250.890.0832

[office@plummidwifery.com](mailto:office@plummidwifery.com)

**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 AN 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)

