**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.

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| **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 * Been involved in a motor vehicle accident * 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 movementsPage if you are bleeding and it is like a period or running down your legIf you are in labour and are confused or not coping well |

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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. |