

When to contact your midwife:

For non-urgent questions, please call the clinic at (519) 664-2542.
These inquiries will be responded to in 1-2 business days.

For any urgent concerns, page your midwife.

Reasons to page during pregnancy:

- Bright red vaginal **bleeding**
- Gush or ongoing trickle of **fluid** from your vagina
- **Fever** (above 38°C), chills and/or vomiting for more than 24 hours
- Severe **abdominal pain**
- Concerns about your **baby’s movements** (less than 6 kicks in 2 hours)

Signs of Preterm Labour:

Before 37 weeks:

- **Regular contractions** that have a pattern
- Constant low, dull **backache**
- **Pelvic pressure** with cramping
- Vaginal **bleeding**
- Vaginal gush or ongoing trickle of fluid

Signs of High Blood Pressure:

- **Headache**; unexplained, severe, no change with Tylenol
- Changes in your **vision** (e.g. blur, spots, auras)
- **Upper abdomen pain**, under your ribs, on the right or middle

After baby is born, page with:

- Bleeding; a full pad in less than 30 minutes or many large clots
- Symptoms of high blood pressure

Normal postpartum bleeding:

- In the first few days bleeding will be like a heavy period
- 1 large clot, egg size
- A few clots
- A gush when you move after lying down

How to Page

- Give your **name, telephone number, and reason for your page**
- Keep your phone line open - we will call back
- If you cannot reach your team, page another midwife at St Jacobs Midwives. Go to the hospital if you still get no response.