

When to call your Midwife

We are on call to you **24 hours** a day. Please call us when you need us. Here are some situations when you should **page** us immediately.

Prenatal Warning Signs

- You think your water has broken
- You have vaginal bleeding
- Significant decrease in number of baby's movements.

Labour

- Active labour contractions:
 1. contractions strong in intensity (unable to speak through contraction)
 2. contractions 5 minutes apart from the beginning of one contraction to the beginning of the next contraction
 3. contractions lasting 60 seconds
 4. regular contractions (i.e. the above pattern for one hour)
- Waters break
- Bleeding other than bloody show
- If you have any concerns

Postpartum Warning Signs for Mother

- You have vaginal bleeding that soaks more than two pads in an hour.
- You pass a clot larger than your fist
- You have foul-smelling vaginal discharge (not smelling like your period)
- You have pain that is not relieved by over-the-counter Tylenol or Ibuprofen
- You feel feverish and/or have a temperature over 38.0 degrees Celsius
- You have redness, swelling, oozing, or separation of a tear, episiotomy or C-Section scar
- You have a red, tender area in your breast that does not clear after nursing
- You feel like you have the flu (fever and chills)
- You feel depressed and unable to cope
- You feel like harming yourself or your baby
- Painful, warm, or red spot in your leg

Postpartum Warning Signs for your Baby

- Temperature less than 36 or greater than 38 degrees Celsius (97.7 and 100 F)
- Blueness (cyanosis) around the lips or face or on the trunk.
- Pallor, i.e. lack of colour or greyness.
- Jaundice in the first 24 hours
- Labored, rapid breathing and/or a retracting breastbone
- Lethargy, with no interest in breastfeeding
- Sudden onset of unusual high pitched or odd sounding cry