

MOUNTAIN MIDWIFERY COLLECTIVE VERNON
Laura Mackin, RM and Birte Paschen, RM

WHEN/ HOW TO CALL

778-790-0999

IN PREGNANCY

For non-urgent concerns

If you have non-urgent questions that can wait until your next appointment, please make a list and ask at your next visit.

If they can't wait for the next appointment, like- "I need to change my appointment", "I need a note for work" please either email us at mountainmidwiferycollective@gmail.com or leave a voicemail at 778-790-0999 (press 2 to leave a voicemail). We will get back to you during regular business hours. Please note: that voicemail will not ring on our cell phone but will appear as an email. You will not wake us up, it is basically an 'office phone'. It does not receive text messages either as we are trying to stay away from them, too, on our personal phone.

For urgent concerns

If you're in labour, your water has broken (see below), you're sick and it could have to do with your pregnancy, your baby's movements are less than 6 times in 2 hours (in your third trimester) please call 778-790-0999 (press 1 to speak to midwife on call). This will now ring on the ON-CALL midwife's personal phone which will, if we don't get to answer it right away, go to our personal voicemail and usually alert us

Please note: If you don't hear back from us within 10 minutes after you have called, please call back. Sometimes calls get dropped. In the worst case, call the hospital at 250-558-1213 or go to the hospital without us. The nurses have our private phone number on file, too.

IN LABOUR

Before 37 weeks

Please call if you have contractions that are more frequent than every 10 minutes or your water has broken.

After 37 weeks

If this is your [first baby](#) please remember the rule 3-2-1:

If you have regular and strong contractions you have to breathe through and can't talk through anymore, they have been consistently 1 minute long, 3 minutes apart and this has been going on for 2 hours, it's time to meet for a labour assessment.

If this is your **second baby** the 5-1-1 rule applies:

A contraction every 5 minutes for one minute, strong and regular for 1 hour -> we should meet for a labour assessment.

As second babies tend to come quicker than the first, women beyond the second baby usually have a pretty good idea, based on their first two (or more) births, when it's time to call or come to the hospital if that's where you're birthing. Of course it also depends on how far your (or my) drive is.

RUPTURED MEMBRANES (when your water breaks)

This is usually a very obvious event, however, the most common reason why we are called to the hospital as there are other fluids apart from amniotic fluid, coming out of the vagina toward the end of pregnancy, so that labour isn't a 'dry event'. It is very rare that your water breaks with just a teaspoon of fluid.

Before 37 weeks - Please call any time, day and night

After 37 weeks, GBS positive

Please call if you know you're GBS positive so we can go to the hospital and initiate GBS prophylaxis (antibiotics) as per our discussion in clinic. (We do a vaginal/ rectal swab between 35-37 weeks in clinic and you will know all about this by the time you're 37 weeks!)

After 37 weeks, GBS negative

During the day, please let us know if you think your water may have broken.

During the night, please check these things:

- 1) Is the amniotic fluid clear? If it is **brown** or **green**, or **bloody**, please call (**some bloody show** is normal)
- 2) Is the baby moving when you do what usually wakes baby up?
If Yes, that's very reassuring If No, please call
- 3) In some cases we will mention to people it's necessary to call us immediately when their water breaks. That usually is a baby in the breech presentation, or transverse (in a 90 degree angle to your pelvis), twins or a head that is not at all in the pelvis. If you have never heard us say this, this does not apply to you.

So, if the fluid is clear, you're GBS negative, your baby is moving and you don't have contractions yet, try to sleep a little longer. Give us a call in the morning so we can meet and make a plan for where to go from here.

As 90% of women go into spontaneous labour within 24 hours, please call us once you reach the 3-2-1 or 5-1-1 rule (see above), call us day and night!

A FEW MORE THINGS:

Bloody show: when the cervix opens there is 'bloody show', a dark red/ brownish discharge that is very normal as the labour progresses. But usually this is dark and, until in active labour, less than a pad every half hour. **If you are concerned about the amount of blood you're seeing, please call.**

The reason why we are distinguishing between night and day calls is that not everybody wants or needs to go to the hospital in the middle of the night. Sometimes it's more about reassurance. If you can't figure out after the above notes what to do, please call. We just don't need 'heads up' calls in the night, as we are already aware that we are on call for births ;-)

YOU ARE YOUR BABY'S BEST ALARM SYSTEM! IF THERE IS SOMETHING YOU ARE TRULY CONCERNED ABOUT, PLEASE NEVER HESITATE TO CALL!

WE WILL MEET YOU DAY AND NIGHT!