



When to page your midwife

How do I know if it is urgent?

An urgent concern is anything that needs to be assessed today - that's anything that you would be going to a walk-in or the emergency room for if you didn't have midwives. Please page for anything on the list below.

If your concern can wait 24 hours, it is likely not urgent. You can:

- Discuss it at your next appointment. Please write it down so you do not forget.
- Call the clinic and leave a message with the front desk staff or a voicemail. Your midwife will respond within 2 business days. If you have left a message and no one has called you for 3 business days, it is ok to page.

Please remember that even though it may be the middle of the day, your midwife could be crawling into bed after being awake 24 hours.

Do not page for non-urgent concerns.

Also, do **not** wait until the middle of the night to page for something that has been developing for hours or days (e.g. decreased fetal movement, breastfeeding trouble). Page during the day or early evening, so that we can all be reassured and get as much sleep as possible.

When to page in pregnancy

- **Symptoms of high blood pressure:** A headache behind your eyes that does not resolve with rest, hydration, and Tylenol and/or a change in your vision (blurriness, sparkles or dark spots) that does not go away and/or severe pain up under your ribcage
- **Decreased fetal movement:** Babies should move regularly each day after 26 weeks gestation. If you have not been feeling as much movement as usual, have a sweet cold drink, and focus on baby's movement. If you are feeling less than 6 movements in two hours, page your midwife.

- **Water breaking (membrane rupture):** Continually leaking fluid vaginally that you are certain is not urine.
- **Preterm labour:** Regular contractions that are getting closer and stronger, and you are less than 37 weeks' gestation, or flu-like symptoms with strong abdominal cramping
- **Labour:** You are 37+ weeks gestation, with regular strong contractions less than 5 minutes apart
- **Vaginal bleeding:** Typically, trace blood that is intermixed with mucous is not concerning, especially after sex or after a bowel movement. However, if you have bright red vaginal bleeding at any point in pregnancy, page your midwife.
- **Infection:** If you have symptoms of a urinary tract infection or vaginal infection, this is likely not urgent, and you can contact the clinic. If, however, the pain is severe or causing cramping/contractions, page your midwife.
- **Car accident or abdominal trauma:** Even if it is a small fender bender, page your midwife. If you get hit hard in the abdomen or fall and land on your belly, page your midwife.
- **You are considering going to the emergency department or to see a doctor.** Midwives can write a variety of prescriptions and handle a wide range of pregnancy-related concerns. Anything urgent, page your midwife.