



When to Call Your Midwife

Please call us if you experience any of the following:

- Onset of firm, regular contractions - no matter what time it is!
- Leaking or gush of fluid from the vagina (see page 2 "If your bag of water breaks")
- A "bloody show" or loss of the mucus plug (spotting of blood and/or thick, stringy mucus from the vagina)
- Any vaginal bleeding
- Sharp stomach pain lasting longer than 20 minutes or strong cramping
- Headaches, dizziness, or blurred vision
- Sudden or significant swelling of the hands, feet or face
- Burning or stinging with urination or frequent urge to urinate or a marked decrease in urination
- Diarrhea and intermittent backache with or without fever
- Fever; any temperature over 101.4, or flushing that doesn't stop in one hour
- Nausea or vomiting that doesn't go away
- Sudden decrease or cessation of baby's movement in the 3rd trimester
- Contractions, regular with or without pain, that DO NOT change with a change in activity; low dull backache, pressure or heaviness; intermittent menstrual-like cramps or thigh pains; intestinal cramping with or without diarrhea or indigestion
- ANY OTHER UNUSUAL sign or sensations that you are concerned about and can't wait

All of your questions are important! No question is too small to ask!

Please post copies of these pages in your home where they are easy to find.

HOW TO REACH YOUR MIDWIFE

If you have an emergency, call 911 immediately. Then call the midwife.

If we do not answer, leave messages. Please do not block your caller ID in case your voice message does not come through clearly. If your concern is very urgent, call again right away; if there is still no answer, immediately call my student, assistant, or backup whose numbers you will have. Then **text us**, because a text may reach us faster.

When you call, leave a clear brief message with your name, phone number at which to reach you, and what your problem is. Give all important information.

Lorri's cell phone: 509-250-2072

Rebekah's cell phone: 509-551-9980



If your bag of water breaks

When your bag of water breaks, it is usually a sign that labor is beginning or has already begun and is progressing. I need for you to call me as soon as it happens. I will need to know a few things to make certain that you and baby are safe.

If your bag of water breaks, please make the following observations and CALL your midwife IMMEDIATELY:

- Amount of fluid—trickle, gush, soaked the bed or clothes
- Color of fluid—usually it is clear, but it may be pink, red, greenish, or brownish
- Odor of fluid—usually it is almost odorless, but a bad or foul odor may mean an infection
- If you feel like there is something more than membranes in your vagina (see box below)

Once your water breaks, please take the following precautions to minimize the chance of developing an infection:

- Put nothing in the vagina: no tampons, no sexual intercourse, no fingers (do not check your cervix), no tub baths (showers are fine)
- Practice good hygiene: spray off with peri bottle and wipe from front to back after urinating or BM, change your pad regularly, wash your hands before using toilet
- Take your temperature when your water breaks and then every 4 hours. Let us know if it is above 100.7 F.

On rare occasions, the baby's umbilical cord slips down into the vagina when the water breaks and you may be able to see or feel the cord. The cord is at risk of being pinched by baby's head or butt and oxygen to the baby being cut off. This is most likely to happen when the baby's head is not firmly in the pelvis or the baby is in a breech position. This is a **PROLAPSED CORD** and a **TRUE EMERGENCY**, requiring immediate transport to the hospital and usually a cesarean section. IMMEDIATELY take the following steps:

- Grab your phone. Get onto your hands and knees, then drop your chest to the floor/bed. This position uses gravity to keep the baby off the cord. **REMAIN IN THIS POSITION** at all times.
- Call 911. Tell them you have a prolapsed cord. Give your address and location in the house. Wait for them to lift you off the floor/bed and put you on the stretcher, always with your bottom in the air and chest on floor.

Call your midwife as soon as possible after 911.

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Rebekah's cell phone: 509-551-9980

Please post copies of this document (both pages) in your home where it is easy to find and read.