

## HOW AND WHEN TO REACH YOUR MIDWIFE

### WHEN TO CALL

You should call or page us immediately if at any time you experience:

- vaginal bleeding
- fever of 100.4 or over
- out of the ordinary pelvic, abdominal or back pain
- leaking of fluid from the vagina
- burning or urgency when you urinate
- severe headaches, dizziness or visual disturbances
- a decrease in fetal movement
- signs of labor: regular uterine contractions with or without pain that do NOT change with a change in activity dull low backache, pressure or heaviness intermittent menstrual-like cramps or thigh pains intestinal cramping with or without diarrhea or indigestion.
- ANYTHING that you are worried or concerned about that cannot wait...

### HOW TO CALL

If you have a non-urgent question or concern, please call during regular business hours (8 am – 5 pm) Monday through Friday. If you call when we are not in, please leave a message on the answering machine and one of us will return your call just as soon as possible. Keep in mind the phone rings in our homes and will be answered any time of the day or night.

If you have an urgent need that cannot wait, you should call at any time of the night or day. If you get the answering machine, **listen** to it. It will tell you who is on call and how to get a hold of her. **Leave a message AND page** the midwife on-call. We carry cellular phones to use while traveling to return your call. If 15 or more minutes elapses and you have not been called, please page again.

Use your best judgment to decide whether your situation is in need of an immediate response. However, do not hesitate to call when you need a midwife. The guidelines above will help you in deciding which type of call you have.

**BUSINESS PHONE #: 326-4366**

**If you are unable to reach a midwife and have an emergency  
call 911 OR go to the hospital.**