



# Strathcona Midwifery Collective

## PLUM TEAM: When to Call Your Midwives

### When to Call Urgently:

| IN LABOUR                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                      |
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| First Babies                                                                                                                                                                                                                                 | Second or More Babies                                                                                                                                                                                                                |
| Contractions are <b>3-1-1</b> : <ul style="list-style-type: none"> <li>• 3 minutes apart</li> <li>• 1 minute long</li> <li>• 1 hour of that contraction pattern</li> </ul> Time contractions from the start of one to the start of the next. | Contractions are <b>5-1-1</b> : <ul style="list-style-type: none"> <li>• 5 minutes apart</li> <li>• 1 minute long</li> <li>• 1 hour of that contraction pattern</li> </ul> <b>OR</b> anytime you feel things are moving very quickly |
| Anytime you feel you are not coping and need our support                                                                                                                                                                                     |                                                                                                                                                                                                                                      |

### If your water breaks before labour starts:

- If you are **GBS positive or don't know if you have GBS** (group B strep) please call the midwife anytime of the day or night to make the best plan for you.
- If you are **GBS negative and it is during the day**, call the on-call midwife to let them know.
- If you are **GBS negative and it is at night**, make sure the fluid is clear and your baby is moving. If you are GBS neg, the fluid is clear, and your baby is moving normally you can **go back to sleep and call the midwife in the morning**.
- **If the fluid is green, brown or red, or you have concerns about the baby's movement urgently call the midwife.**

| Other Important Reasons to Urgently Call                                                                                                                                                              |                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Temperature of 38° or above</li> <li>• Large amount of bleeding (more than mucousy "bloody show")</li> <li>• Your baby is moving less than normal</li> </ul> | <ul style="list-style-type: none"> <li>• Severe headache that won't go away</li> <li>• Sudden changes in vision</li> <li>• Nausea and vomiting (when not in labour)</li> <li>• Significant abdominal pain</li> </ul> |

### How to Call

- **Call 604-239-5409**
  - For **urgent concerns including labour** follow the prompts for urgent calls to speak directly with the on-call midwife. Leave a message if we are unable to answer immediately.
  - For **non-urgent concerns** follow the prompts for non-urgent calls and leave a message with your full name, call-back number, and a short description of your concern. The on-call midwife will return your call within 24hrs.
- For **urgent calls that have not been returned within 15 minutes, call again.**
- If you do not hear back within 15 minutes of your second call please **call the hospital** where you are registered:
  - **BC Women's Hospital** at 604-875-3070.
  - **St. Paul's Hospital** at 604-682-2344 ext. 62432
- To reach a midwife from another team call 604-558-1701 to get their pager number