



STRATHCONA MIDWIFERY

PLUM TEAM: When to Call Your Midwives

IN LABOUR	
First Babies	Second or More Babies
Contractions are 3-1-1 : • 3-4 minutes apart • 1 minute long • 1 hour of that contraction pattern Time contractions from the start of one to the start of the next.	Contractions are 5-1-1 : • 5 minutes apart • 1 minute long • 1 hour of that contraction pattern OR 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 if you have concerns about the baby's movement, urgently call the midwife.**

Other Important Reasons to Urgently Call	
• Large amount of bleeding (more than, mucousy "bloody show") • Your baby is moving less than normal • Temperature of 38° or above	• Significant abdominal pain • Severe headache that won't go away • Sudden changes in vision • Nausea and vomiting (when not in labour)

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 call you back within 24 hours
- 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.