

When to call your midwife

For non-urgent calls, please try to call between 8AM and 8PM. If no answer, leave a message and call back in 15 minutes if I haven't already called back. Remember text messages are not private and no personal information will be sent in this manner.

Warning Signs in Pregnancy to call your midwife about immediately...

- o Bleeding from your vagina
- o Sudden swelling in your hands or face
- o Nausea and vomiting that is not going away
- o Fever or chills (100.4 F or higher)
- o Severe Abdominal or pelvic pain
- o Sudden gush of fluid from your vagina
- o Severe headache that does not go away
- o Difficulty or burning pain with urination
- o If after you have already started to feel your baby move you haven't felt your baby move for a while
- o Preterm labor (contractions that are consistent and regular prior to 37 weeks', these may or may not be painful)
- o Vision changes (blurred vision, dizziness, seeing spots before your eyes, fainting, blacking out)

When to call in Labor...

We would like to know if you think you may be in labor as soon as possible, day or night, so we can plan accordingly. Call if any of the following are present:

- o Water broke (if certain or not)
- o A green/brown tinge of any fluid leaking from the vagina
- o Constant abdominal pain
- o Fresh, bright red vaginal bleeding
- o Unusual movement of the baby
- o Fever of 100.4 or more
- o When you think that you may be having regular uterine contractions becoming longer and stronger which have lasted for at least an hour despite resting, drinking, and trying a bath.
- o Strong, intense uterine contractions, with rectal pressure

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Assistant: _____

