



How to Reach Us:

1. Non-urgent concerns/General Questions

Please call the office and leave a message for your midwife. Messages are checked during business hours Monday to Friday. If you need to re-schedule an appointment, change contact information or have a non-urgent clinical question you can reach the clinic at 519-267-7266.

2. Urgent Concerns

Page your midwife immediately for concerns such as:

- Vaginal bleeding
- Abdominal pain
- Fever (> 38 Celsius or 100.4 Fahrenheit) not easily reduced without the use of medication.
- Leaking or sudden gush of fluid from the vagina
- Persistent nausea and vomiting
- Severe headache, problems with your vision such as blurring or flashing before your eyes, dizziness, a bad pain just below your ribs, feeling generally unwell
- Notable decrease or absence of fetal movements
- Signs of labour prior to 37 weeks (menstrual-like cramps, low/dull backache, increase in vaginal discharge, abdominal pain or contractions)
- Pain, burning, or urgency with urination (peeing)
- Pain, redness or swelling with one or both legs
- Motor vehicle accident or fall
- Anything you are seriously concerned or worried about

To page your midwife call 1-877-533-0240

The paging service will ask the name of your midwife, your name and the number to reach you at and a brief description of why you are calling. Once you have paged your midwife, please stay off the phone so she can reach you. We would never ignore your page, if you have not heard back from your midwife in 10 minutes please page again, technology can fail. A 2nd call by you to the paging company forces them to get a midwife on the phone to pass the message to.



When to Page in Labour

If this is your first baby, page when ...

1. Contractions are regular, strong and painful. Strong contractions take your full attention. You cannot talk through them. **AND**
2. Contractions are 4-5 minutes apart and last 45-90 seconds **AND**
3. This pattern has been going on for 1 hour.

If this is not your first baby, page when ...

1. Contractions are regular, strong and painful. **AND**
2. Contractions are 5-6 minutes apart and last 45-90 seconds **OR**
3. Anytime you are having strong contractions even if they are not regular (especially if you have had very fast labours before)

All women should page if ...

1. **Your water breaks.** Please note if:
 - a. The fluid is green tinged, green and thick, or blood red
 - b. The fluid has a strong smell
 - c. You feel something in your vagina
 - d. Baby is moving after your water breaks
 - e. Your midwife has asked you to lie down if your water breaks
 - f. You are having contractions
 - g. You have done a test for GBS and, if so what the result was
2. **You are bleeding** as much as a period or if blood is running down your leg
3. **If you are worried, concerned, or need advice from your midwife**

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