



When to page – Prenatal and Labour!

Midwives are available by pager 24 hours a day. Please reserve the use of the pager for urgent concerns or emergencies. If you have call display, you may have access to our cell or home phone numbers. We ask that you please still use our pager numbers, as this is the most reliable way to reach us, and least disturbing to our families.

Pagers sometimes don't get a message to us. If your midwife does not return your page in 5-10 minutes, please page again. If you are still unable to reach your midwife, please page another midwife in the practice. If you have a medical emergency call 911, go to the nearest hospital, or call an ambulance.

ALWAYS LEAVE A NUMERIC MESSAGE RATHER THAN A VOICE MESSAGE ON OUR PAGERS

If you have general questions or topics to discuss with your midwife, please write them down and bring them with you to your appointments.

Labour:

5-1-1 Rule

Page your midwife day or night if you are experiencing:

- **First baby:** Regular contractions, every 3-5 minutes (timing from the beginning of one contraction to the beginning of the next), lasting 60 seconds, consistently for at least 1 hour.
- **Second or more baby:** Regular strong contractions, every 5 minutes, lasting 45-60 seconds.

Please page day or night with any of the following, even if you are not in labour:

- Concerns about fetal movement (less than 6 movements in 2 hours)
- Signs of preterm labour (labour before 37 weeks)
- Your water breaks or leaks and you are less than 37 weeks pregnant
- Your water breaks, and you are GBS (Group B Strep) positive
- Your water breaks and the water has a foul smell, or a green or brown colour, or you have an outbreak of blisters on/near your genitals.
- Your midwife has specified you should page if your water breaks
- Large amount of bright red bleeding (more than normal bloody show)
- Constant/severe abdominal pain or mid-back pain
- Fever of 38°C (100°F) or higher
- Severe headache, blurry vision or seeing spots in front of your eyes

Heads up calls

9am-9pm: If you think you may be in labour or your water has broken, contact your midwife to let her know. A heads up page can help us to rearrange our day to be available for you when you go into labour.

9pm-9am: If you are not in active labour, or do not need a midwife immediately, please wait until morning. If you are in active labour, or need a midwife now, then please page!

Midwife Pager Numbers

Deborah Kozlick: 250 703-8090

Sadie Parkin: 250 703-9000

Jennifer Spurr: 250 703-7300