



When to page your midwife - postpartum

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.

Mom:

- Page your midwife day or night if you are experiencing:
- Vaginal bleeding that soaks more than two large pads in an hour, or passing many large blood clots (the size of a peach or the palm of your hand).
- Foul smelling vaginal discharge
- Fever over 38° C (100°F)
- Severe headache, blurred vision
- Flu symptoms, nausea and vomiting, malaise
- Severe abdominal or middle back pain
- Unable to urinate (pee)
- Red, tender or lumpy area in your breast that does not get better after breastfeeding
- Worry about the physical safety of mom or baby

Baby:

- Page your midwife day or night if your baby has:
- Temperature less than 36.4°C or greater than 37.7°C (97.7-99.5°F)
- Blueness in lips, face or chest
- Pallor: pale or grey skin colour
- Jaundice (Yellow skin/eyes) in the first 24 hours, or rapidly worsening jaundice
- Excessive salivation/secretions from mouth
- Very rapid breathing or persistent grunting; babies normally breathe up to 60 times a minute
- Distended, swollen abdomen
- No interest in feeding, appears unwell or lethargic
- Bleeding from the umbilical stump, or redness and inflammation surrounding the umbilical cord. (A small amount of blood from the cord is normal as it begins to separate and fall off.

Midwife Pager Numbers

Deborah Kozlick: 250 703-8090	Sadie Parkin: 250 703-9000	Jennifer Spurr: 250 703-7300
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