

# Should I call my midwife?

Pregnancy is a **NORMAL** process, but sometimes pregnant women can have problems. Should you need to reach us in an emergency after normal business hours and/or on weekends/holidays, the answering service (440-356-7865) will page your midwife. Should you not receive a return phone call within 15 minutes, please try the answering service a second time; or call St John Medical Center, Labor & Delivery (440-827-5093)  
(Should you need **IMMEDIATE ATTENTION**, please call the nearest hospital's OB unit and let them know that you are on your way in.)

---

## REASONS TO CALL

- ✓ Vaginal Bleeding
  - ✓ Sudden or continuous abdominal or pelvic pain/menstrual like cramps.
  - ✓ Regular contractions **BEFORE** you are 36 weeks. This could possibly be premature labor. If you are having contractions every 10 minutes **OR** more than 6 per hour over a period of 2 hours time consistently, rest on your left side, drink 4 ó 6 glasses of water and then empty your bladder. If the contractions **DO NOT** subside in 2 hours, notify the office.
  - ✓ A sudden increase in temperature to 101° or higher
  - ✓ Blurred vision or seeing spots
  - ✓ Burning Urination
  - ✓ Any decrease in fetal movement once you have already been feeling daily fetal movement regularly. (The baby should move either 10 times or more in a 12 hour period or 3 times in an hour, after a meal.)
- 

## PROBLEMS THAT CAN WAIT OR BE LEFT AS A MESSAGE

- ✓ Prescription refills
  - ✓ False Labor
- 

## LABOR SIGNS (AFTER 36 WEEKS)

\*\*\*Please call if you think that you are in labor\*\*\*

- 1) Contractions every 5 minutes for 1 hour if it is your first baby  
OR contractions every 5 ó 10 minutes if this is **NOT** your first baby
  - 2) If you think that your water has broke or is leaking  
(**DO NOT** wait until contractions begin)
  - 3) Bloody mucus show is normal; but bleeding like your "having your period," is **NOT** normal in pregnancy. If you are having regular bleeding or are not sure, please call **IMMEDIATELY**. If you are just having a "bloody show" wait for other signs of labor.
  - 4) Your baby **SHOULD** move at least 10 times in a 12 hour period of time. **IF YOU STILL DO NOT FEEL MOVEMENT** within 30 minutes after drinking a glass of juice and resting on your left side, call the office **IMMEDIATELY**.
- 

### TRUE Signs of Labor

- Contractions lasting 45 ó 75 seconds.
- Stronger/ increasingly frequent contractions every 3 ó 5 minutes
- Bag of water may or may not break.
- Rhythmic contractions every 3 ó 5 minutes, becoming stronger over time.

### FALSE Signs of Labor

- Contractions that stop when changing positions
- Contractions that are irregular and are not becoming stronger
- Mucus plug may be passed.
- Contractions are 10 ó 30 seconds