



When to Call Your Midwife

Please call if you experience any of the following:

1. Onset of firm, regular contractions
2. Leaking or gush of fluid from the vagina
3. A bloody "show" or loss of the mucus plug (spotting of blood and/or thick, stringy mucus from the vagina)
4. Any vaginal bleeding
5. Sharp stomach pain lasting longer than 20 minutes or strong cramping
6. Headaches, dizziness, or blurred vision
7. Sudden or significant swelling of the hands, feet or face
8. Burning or stinging with urination or frequent urge to urinate or a marked decrease in urination
9. Diarrhea and intermittent backache with or without fever
10. Fever; any temperature over 101.4, or flushing that doesn't stop in one hour
11. Nausea or vomiting that doesn't go away
12. Sudden decrease or cessation of baby's movement in the 3rd trimester
13. Contractions, regular with or without pain, that DO NOT change with a change in activity; low dull backache, pressure or heaviness; intermittent menstrual-like cramps or thigh pains; intestinal cramping with or without diarrhea or indigestion
14. ANY OTHER UNUSUAL sign or sensations that you are concerned about and can't wait

All your questions are important to us! No question is too small to ask!

HOW TO REACH YOUR MIDWIFE

If you have an emergency, call 911 immediately. Then call the midwife.

When you call, leave a clear message with your name, phone number to reach you at, and what your problem is. Give all important information.

Kristin: 509-780-3330. This is my cell and is on me virtually at all times. If I do not answer, leave a message. If your concern is very urgent, call again right away and I will do my best to pick up. I do not have a land line.

Lorri: 509-250-2072. This is my cell and is on me virtually at all times. If I do not answer, it means I am with a client in clinic, so please leave a message. I do not have a land line.