



When to page your midwife during Labour

**** Never go to the hospital without paging your midwife first ****

□ **LABOUR Contractions:**

FIRST BABY

- Ignore, ignore, ignore!! The #1 one reason why we need to use interventions (such as oxytocin or epidurals, which lead to other interventions), is a first time mom who is not able to rest well during early labour
- Ensure you are familiar with the “Coping with Early Labour techniques”
- Call us when contractions reach 3,1,1
 - 3 – Contractions 3 minutes apart (start - start)
 - 1 – Contractions are approximately 1 minute in length (strong and intense where you cannot talk, read a book or laugh)
 - 1 – Consistently for 1 hour

NOT FIRST BABY

- Practice contractions (“false labour”) is more common when you’ve had a baby before. If you’re unsure if your contractions are the “real deal” – use the bathtub test. Get into the tub, if things slow down, take a Gravol and go to bed. If they speed up and become more intense, call the pager.
- 5-7,1,1 Contractions. Call the pager when your contractions are strong (about a minute long) and 5-7 minutes apart once you know it’s serious, let us know.
- If you have previous had a baby via c-section, please speak to your midwife about when to page in labour.

□ If your **water breaks** (a gush followed by continued trickling): Check the colour/smell of the fluid and pay attention to baby’s movements.

- If it is daytime – call the pager.
- If it is nighttime – call the pager if: you are GBS positive, the fluid is not clear (“**RED** or **GREEN** it needs to be seen), it has a foul smell.
 - If it is clear, your GBS Neg, put on a fresh pad, take a Gravol, and go back to bed – call the pager in the morning.

□ If you have **vaginal bleeding**: “Bloody show” is pink/red tinged discharge, often with mucous. This is normal and signals that your cervix is changing.

- If you have heavier bleeding or clots, this is NOT normal. Please call the pager immediately.

□ If you don’t feel **baby moving** 6 times in 2 hours: An active baby is a healthy baby. If you are concerned, please call the pager.

Remember, this is only a guide. If you are not coping, or are concerned for the health of you or your baby – please call the pager