

When to Call Your Midwife in Labour

This is a guideline for those **37+ weeks** pregnant

If you think you are in labour and are **less than 37 weeks**, call your midwife right away.

Did your Water Break?

Whether to call right away depends on the time of day and your Group B Strep (GBS) results



Is it night time?
(7pm to 7am)

If you are **GBS Negative**
Only call during the night if fluid colour is brown/green OR baby doesn't move within hour OR if you feel something (cord, foot, hand) in your vagina.

If fluid is clear or pink, AND baby moves within 1 hour. Sleep until the morning then...



Is it day time?
(7am to 7pm)

If you are **GBS Positive**
OR don't know your GBS results



Having Painful Contractions?

Can you talk and finish sentences?
AND Are you having contractions with irregular frequency (5-10+mins apart)?

Sounds like you are in **Early Labour**

- Rest/Sleep as long as possible
- Only time a few contractions, then take a break to prioritize sleep
- Miles circuit, walking, stairs, hands & knees
- May take 1g tylenol and 50mg gravol every 6 hours
- Bath or shower
- Eat & drink well

Your contractions may become more frequent, stop or slow down

Are you unable to talk and finish sentences, breathing deep or moaning through every contraction? **AND** are your contractions regular?

How long to wait depends on whether you've had a vaginal birth before



First Baby: Wait until contractions are every 3 mins, lasting 1 min for 2 hours



Second+ Baby: Wait until contractions are every 5 mins, lasting 1 min, for 1 hour. Call any time if contractions feel very intense and you want support or feel rectal pressure.



Sounds like you are in **Active Labour.**



Call Your Midwife

When To Call Your Midwife in Pregnancy



Call your on-call midwife if you have any of these symptoms:

- Severe abdominal pain
- Vaginal bleeding > 1 tsp
- Fever > 38C, not relieved by tylenol
- Sudden pain, redness and swelling in a leg
- Persistent leaking or large gush of fluid from the vagina
- Vomiting enough to cause dehydrations (dizziness or fainting, not keeping fluids down >12 hrs)
- If you think you need to go to the hospital after 20 weeks pregnant
- Significant decrease in frequency of fetal movements from 28 weeks onwards (<6 movements in 2 hours)
- Severe headache, dizziness, or visual disturbances (ie. blurry spots, stars)
- Labour before 37 weeks: progressively painful lower abdominal/low back cramping, especially if waves of pain in 10 mins apart or less, vaginal bleeding or gushes of fluid leaking
- Labour after 37 weeks: see other side of handout to guide with signs of labour



Call our office for other non-urgent questions or concerns. We will respond within 1-4 business days.