



Around the Circle Midwifery, LLC

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HOW TO REACH YOUR MIDWIVES



Post this sheet by your phone, so that it's easily accessible when you need to call us.

For non-urgent concerns, please call the office number: 360-459-7222. If we do not answer, leave a message on our voicemail, letting us know who you are, your phone number, why you are calling, and the best time to reach you. During the week, we will return your call within 24 hours. If you are leaving a message on Friday or over the weekend, we may not return it until Monday.

*If your call is urgent, and it is during office hours, please always try to reach us at our office number first: 360-459-7222. If we do not answer, leave a detailed message on the office voicemail first, and then call our pager number: 360-923-6084, which can also be heard on the office voicemail message. Use this option if you are in labor, your water has broken, or you have an urgent medical concern. We will call you back within 10-15 minutes. **After you page, if you have not heard from us in 15 minutes, please page again!***

In the unlikely circumstance that you are unable to reach us, and you are in active labor, call 9-1-1, or the number for emergency services in your area.

REASONS TO CALL and PAGE:

- ▶ Your bag of waters has broken; this may be a trickle or a gush. Call/page within 5 minutes.
- ▶ Signs of labor before 37 weeks of pregnancy: this may include menstrual-like low back pain or low abdominal cramps that don't subside.
- ▶ Any significant vaginal bleeding at any time during your pregnancy; any spotting before 37 weeks.
- ▶ You are concerned that your baby hasn't moved today, or is moving less frequently.
- ▶ Severe vomiting/inability to keep fluids down.
- ▶ Severe persistent abdominal pain.
- ▶ Fever >100.4° F.
- ▶ Severe, sudden swelling in hands, feet or face, that remains after drinking a lot of water & resting.
- ▶ Severe persistent headache that does not resolve with drinking water, rest/sleep, massage, or other home treatments.
- ▶ Dizziness or visual disturbances beyond the first trimester
- ▶ Pain with peeing, or kidney pain.
- ▶ Painful, reddened area in leg.
- ▶ Any other urgent medical concerns that cannot wait for a routine return call.

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www.aroundthecirclemidwifery.com