



# *Around the Circle Midwifery, LLC*

## HOW TO REACH YOUR MIDWIVES



**Post this sheet somewhere** 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, and why you are calling. 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 your midwives' pager number, **360-464-4196**. When you dial the pager number, you will hear a message from the midwife on call with instructions. After the message ends, speak slowly and loudly into your phone, giving you name, phone number and the reason for your call. Then hang up. 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 vaginal 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.
- ▶ You've experienced a fall or have been in a motor vehicle accident.
- ▶ Severe persistent abdominal pain.
- ▶ Fever  $\geq 100.4^{\circ}$  F.
- ▶ Severe, sudden swelling in hands, feet or face, that remains after drinking 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.