

REASONS TO CALL AT THE END OF YOUR PREGNANCY: *(Please post the dark green sheet "How to Reach Your Midwives" by your phone to reference full list)*

Before 37 weeks of pregnancy, please notify us right away if any of the following things occur:

- ◆ Menstrual - like cramps > 4 per hour
- ◆ Low menstrual back pain, different than postural back pain of pregnancy
- ◆ Bloody show or loss of mucous plug
- ◆ Leaking amniotic fluid, a gush or just a trickle
- ◆ Decreased frequency of fetal movement

After 37 weeks of pregnancy, call and page us if you are having the following:

- ◆ 5-1-1 contractions: contractions 5 minutes apart, lasting for 1 minute, for an hour.
- ◆ Your membranes rupture- this may be a sudden gush or just a trickle- notify us either way within 5 minutes
- ◆ Baby stops moving for a longer period of time than normal, or moves less often
- ◆ You experience significant bleeding from the vagina
- ◆ During the day you may want to report any bloody show, diarrhea, and any other signs that may suggest that labor is imminent.

WHEN YOU ARE IN LABOR: Your midwife and you will have made a plan to meet at the birth center. Bring your to-go bag.

MAP TO THE BIRTH HOUSE:

**2120 Pacific Avenue SE
Olympia WA 98506**

Click on this link to the Around the Circle Midwifery website for a map/directions:

www.aroundthecirclemidwifery.com

Go to Contact us, then see Directions/Map.

AFTER THE BIRTH: Make prior arrangements to have another adult stay with you for **at least** the 1st 24 hours. We strongly recommend bedrest for 3 days except for trips to the bathroom. Please read, and have everyone around you read, the postpartum information sheets well before your due date, and keep them handy for after birth to record findings and for reference.