

When to Call Your Midwife

If you are experiencing symptoms that are worrisome, please read through this handout and call your primary midwife. Some pregnancy complaints are not concerning, while others can be warning signs that should be evaluated.

Call **RIGHT AWAY** if you experience:

- Bleeding from the vagina
- Severe abdominal pain
- Leaking fluid or a gush of fluid from vagina
- More than 6 contractions in an hour (before 37 weeks)
- Sudden swelling of hands or face
- No fetal movement for half a day (after 26 weeks)
- Dizziness, fainting, or convulsions
- Persistent/intense headache
- Fever over 100.4° F or other illness
- Persistent or severe nausea/vomiting
- Visual disturbances

Call the **SAME DAY** if you experience:

- Pain or burning during urination
- Any rash
- Flu-like symptoms
- Pain or spotting (with or without sex)
- Leg pain (w/ redness, warmth, or swelling)
- Bloody show or loss of mucus plug
- Unusual vaginal discharge
- Decreased urine output

Who to Call

Primary midwife- CALL FIRST!

Heather Eckstein

(540) 219-7375

Assistant Midwife: _____

Number: _____

Backup Midwife: _____

Number: _____

References:

- Davis, E. (2004). *Heart & hands: A midwife's guide to pregnancy and birth (4th ed.)*. Berkeley, California: Celestial Arts.
- Frye, A. (2013). *Holistic midwifery: A comprehensive textbook for midwives in homebirth practice. Volume 1-Care during pregnancy*. Portland, Oregon: Labrys Press.
- Varney, H., King, T.L., Brucker, M.C., Kriebs, J.M. Fahey, J.O. & Gegor, C.L. (2004). *Varney's midwifery, (4th ed.)*. Sudbury, MA: Jones & Bartlett Publishers.