

Abeille Airdrie Midwives
110 – 400 Main Street N.
Airdrie, Alberta
T4B-2N1



in Bump, Birth & Beyond Inc.
Tel: 587-360-5503
Fax: 403-775-4432
Web: bumpbirthandbeyond.ca

Come and see what all of the buzz is about!

When to call the pager in Labour

Pager: 587-443-1234

#1 – Monique & Jenny

#2 – Bailey & Savannah

Please call the pager at any time of day, or night, if you think you are in labour and your contractions are described as:

FIRST BABY:

- 5-1-1: This means your contractions are coming every 5 minutes, lasting for approximately 1 minute, and this has been going on for at least 1 hour
- You are feeling pressure in your bum and/or the urge to push during contractions

YOU'VE HAD A BABY BEFORE:

- You had one, or a few strong, long, and intense contractions that require you to stop everything to breathe through
- You are having mild contractions/cramping and your water breaks
- You are feeling pressure in your bum and/or the urge to push during contractions

Please call the pager if any of the following experiences occur:

- You have concerns about yourself and/or your baby
- You are less than 37-weeks pregnant and you are having signs of labour:
 - Leaking of clear fluid from your vagina and that soaks a menses pad in less than 15 minutes, and the leaking won't stop even after you've emptied your bladder,
 - Rhythmic cramps/contractions and/or rhythmic low-back pain that will not go away with hydration, Tylenol, and resting
 - Menstrual-like bleeding
- Your water breaks and the colour is **RED or GREEN**, or the fluid has a foul odour
- You have constant pain in your belly that does not go away in-between contractions, or if the pain comes along with a fever, and vomiting
- You are having menstrual-like bleeding before, or during labour – remember that mucous and some drops of blood is considered normal, and is known as “bloody show”
- You feel hot, or have the chills, and your temperature is more than 37.5 C
- You notice you have blisters/scabs close to your genitals
- You have had visual disturbances such as blurry vision, auras, or you are seeing spots and/or a persistent headache that will not relent with Tylenol, hydration, and resting
- Your baby is moving less than normal and you have counted less than 6 movements in 2-hours (kick count)

1 out of 10 people will have their water break before labour starts. If you think your water has broken, note the time and the colour of the fluid (you can take a picture) and ensure your baby is moving (a minimum of 6 movements in 2-hours) and then:

- Call the pager if it is during the day
- Call the pager by 7:00 AM if your water broke in the middle of the night
- Call the pager if you want to proceed immediately to the hospital to confirm your water has broken, and/or start antibiotics, and/or a medical induction
- If you are positive for Group-Beta Strep (GBS) – proceed with the plan you have made with your midwife, and if you are unsure, then please call the pager