

WHEN TO CALL IN LABOUR

Early Labour

Labour often begins with menstrual-like cramps that may be felt in the lower abdominal area and/or into the lower back. There may also be some vaginal pink mucus over several days or hours before active labour. Some women also experience loose stools. Contractions are usually irregular and mild at the beginning.

If it is in the middle of the night, say 2 or 3 am, it is not necessary to call your midwife in this early stage unless you have a history of very fast labours. **Do not stay up at night to time contractions until they get much closer.** Go to sleep, or at least try to rest.

It is important to get rest and to eat and drink normally. It is safe to take regular strength Tylenol and Gravol if the cramps are disrupting sleep.

In the morning, please call your midwife to let her know about what you are feeling, even if you don't need her yet.

WHEN TO CALL YOUR MIDWIFE

Page your midwife:

- ♦ If your water breaks, either in a large gush or a small leak that continues. Note the colour of the fluid.
- ♦ When your contractions have increased in:
 - ♦ Frequency - to about every five minutes from start to start.
 - ♦ Strength – strong enough that you cannot talk through them easily.
 - ♦ Length – lasting for about a minute.

And, this pattern has continued for at least half an hour.

(If they are not that strong, then there is no need to time them. You should try to relax, sleep, or have a warm bath.)

- ♦ If you experience bleeding similar to a period - or more. It is normal that you would experience spotting or bloody mucus.
- ♦ If you are feeling a lot of rectal pressure with contractions, even if they are not as strong as described above.
- ♦ If you are uncertain about what is happening, do not hesitate to call.

Page your **primary** midwife by dialing 705-760-8191. If you do not get a response within 10 minutes call the paging service again..