



## **How and When to Contact the Midwife**

### **Non-Urgent Matters**

I have a wonderful family that sacrifices a lot in order to support me in this awesome crazy life that is being a midwife. Please help me be mindful of time with my family by sticking to the methods of communication listed below for all non-urgent matters:

- You may email me at [Crystal@InJoyableBirth.com](mailto:Crystal@InJoyableBirth.com) anytime for the fastest response.
- You may also call or text me Monday-Friday between the hours of 9am - 5pm. Since I am nearly always on call I must sleep with the phone right beside me; Please stick to these hours *even for text*; texts should never be considered urgent.
- Check [www.InJoyableBirth.com](http://www.InJoyableBirth.com) for the answer to your question. I have included a ton of information in the website in the hopes it could answer many of the questions I am frequently asked. Try the "Resource" page on the homepage or the "For Clients" section.

### **Preterm Labor and Other Warning Signs**

Call me immediately, *do not text*, if you experience any of the following:

- Vaginal bleeding
- Premature rupture of membranes
- Contractions- More than 6 in an hour, increasing in intensity and frequency
- Your baby is not moving as usual

### **Signs and Symptoms of Labor**

Call me if you believe active labor has begun. If I am in a prenatal visit or otherwise engaged, I may not answer the first ring, but if you hang up and call again immediately I will drop everything to answer. Do not text me if you need an immediate response from me. Here are some signs you may notice as your body gets ready for birth:

- Contractions that are regular, increasing in intensity, duration, and frequency for an hour. Give me a heads up when they are closer than 8-10 minutes apart. During this early labor time try your best to rest or go on about your normal day. Stay hydrated and eat good foods. Call me if they are 5 minutes apart and lasting 60 seconds or more.
- Rupture of membranes. Call me *immediately* even if you are not contracting. I will want to ask you questions about the fluid and give you some instructions.
- Bloody show- should be no heavier than a period. Call immediately for any abnormal bleeding.
- Loose, frequent stools and loss of mucous plug may be early signs, but you do not need to call for this.

**Emergency-** Call 911 first and then your midwife.

Crystal@InJoyableBirth.com | 480.710.5665 | [www.InJoyableBirth.com](http://www.InJoyableBirth.com)  
Back-up Midwife: Dianah de Luna 206-788-6773 cell