



When to Page Your Midwife in Labour

How to reach your midwife

You can reach your midwives by calling 604-945-2459. When you hear the message, press 0 to connect with the answering service and ask the operator to page the midwife on-call for your team. If your urgent page has not been returned within 15 minutes, please page again. You also have the option of leaving a message on the confidential voice mail for your team, however these messages are only checked every a couple times per day and during business hours only so it is generally more appropriate to page when your call is labour-related.

Call your midwife anytime if:

- This is your first baby and your contractions are 3-4 minutes apart, lasting longer than 60 seconds, and have been this way for over an hour.
- If this is your second or subsequent baby, your midwife will have given you specific instructions about when to call based on how long your first labour was. Otherwise, call when your contractions are strong and regular.
- You are worried about something or have an urgent question.
- You are less than 37 weeks pregnant and you are having regular contractions at any frequency.



Timing Contractions

The frequency of a contraction is measured from the beginning of one contraction to the beginning of the next. When you have a contraction that lasts 30 seconds followed by a break of 4 minutes, your contractions are 4 and a half minutes apart.

[CONTRACTION] [BREAK.....BREAK.....BREAK.....BREAK.....] [CONTRACTION]
 [...30 seconds...] [...4.....minutes.....]
 [...4 minutes and 30 seconds.....]

The easiest way to time contractions is to write down the time each one begins and note the length beside each.

Ex: 12:33 35 sec long
 12:37 40 sec long
 12:40 35 sec long
 12:43 35 sec long

Time about five or six contractions every so often, or whenever there is a noticeable shift in the labour.

