Ocean Grove Midwifery Collective

TEAM WAVE

URGENT PAGER NUMBER: 778-763-0914

To use the urgent pager system to speak to the midwife on call, please follow these steps:

1. **Dial 778 763 0914**
2. **Leave a short voicemail message including your name (the client), your phone number, and your message.**
3. **The on call midwife will return your call within 15 minutes. If you do not hear back from us, please call the maternity unit at the hospital at 250 286 7169.**

Ocean Grove Midwifery Office 250-287-8343: For non-urgent issues, such as prescription renewals, appointment changes, or general questions please call the office and leave a message via voicemail or with our office assistant. The on call midwife will get back to you as soon as we are able, and within 24 hours.

WHEN TO USE THE URGENT PAGER

LABOUR

- **FIRST BABY: 3-2-1 Rule**
  Consistent contractions every 3 minutes for over 2 hours that are over 1 minute long
- **SECOND or more BABY: 5-1-1 Rule**
  Contractions every 5 minutes for 1 hour that are 1 minute long
- **Your water broke with:** GBS positive status, strong odour, meconium, reduced fetal movement, or fever
- **Preterm labour** (before 37 weeks gestation)

OTHER URGENT INDICATIONS

- constant abdominal pain that does not subside
- blurry vision, sudden severe headache, or sudden swelling of the body and face
- any vaginal bleeding
- reduced fetal movement after 26 weeks
- outbreak of blisters anywhere around the genitals

WHEN TO CALL 9-1-1

- If your water has broken and you feel something hanging in your vagina (get in a knees and chest position on the floor right away)
- If the birth is suddenly imminent and you are concerned the midwife will not make it to you in time

AFTER YOU CALL 9-1-1, CALL YOUR MIDWIFE IMMEDIATELY