

PAGE YOUR MIDWIFE IF:

- Your water breaks
- You have been in active labour for 1 hour
- You have felt less than 6 baby movements in 2 hrs when baby is awake
- Bleeding other than spotting
- Severe headache with nausea/severe abdominal pain
- You have a fever over 38°C
- If you have any concerns or need specific advice

Do not go to the hospital before calling your midwife

Pager # 1-888-380-6584