

Around the Circle Midwifery, LLC

REASONS TO CALL TOWARDS THE END OF YOUR PREGNANCY

(Please post the dark green sheet "How to Reach Your Midwives" by your phone to reference full list)

Before 37 weeks of pregnancy, please notify us right away if any of the following things occur:

- ◆ Menstrual like cramps > 4 per hour
- ◆ Low menstrual back pain, different than postural back pain of pregnancy
- ◆ Bloody show or loss of mucous plug
- ◆ Leaking amniotic fluid
- ◆ Decreased frequency of fetal movement

After 37 weeks of pregnancy, call and page us if you are having the following:

- ◆ firm regular contractions occurring less than 7 minutes apart
- ◆ your membranes rupture- this may be a sudden gush or just a trickle- notify us either way within 5 minutes
- ◆ baby stops moving for a long period of time, or moves less often
- ◆ you experience significant bleeding from the vagina
- ◆ During the day you may want to report any bloody show, diarrhea, and any other signs that may suggest that labor is imminent.

WHILE WAITING FOR US TO ARRIVE:

Relax, drink plenty of fluids, keep your bladder empty, prepare your bed, and take a warm relaxing shower. Carefully clean the vaginal area and dry with a clean towel. Breathe deeply and envision a beautiful birth of a new little being.

AFTER THE BIRTH:

Make prior arrangements to have another adult stay with you for **at least** the 1st 24 hours. We strongly recommend bedrest for 3 days except for trips to the bathroom. Please read, and have everyone around you read, the pink postpartum information sheets well before your due date, and keep them handy for after birth to record findings and for reference.

PLEASE CALL AND PAGE US DAY OR NIGHT IF YOU NOTICE ANYTHING UNUSUAL OR IF YOU HAVE ANY QUESTIONS!!

IF THE BIRTH HAPPENS VERY RAPIDLY....

Stay calm. Most sudden births are normal.

1. Page the midwife again, to let her know the birth is imminent.
2. Call 911.
3. Do not bear down or push unless you have an uncontrollable urge to do so.
4. You may breathe in short quick breaths to control the urge to push.
5. If you are in a bath, get out.
6. When the baby's head is visible at the vagina, pant. Do not push.
7. If the head is out and the shoulders are a little slow to come, move to your hands and knees, and push. Never pull on the baby's head.
8. When the baby is born, bring the baby up onto your belly and dry the head and body. Cover your baby with warm blankets. Gently massage the baby's back while holding the head slightly lower than the rest of the body, allowing mucus to drain freely. You do not need to cut the cord. Put the baby to your breast as soon as you are able.
9. **Do not pull on the cord, nor massage your uterus;** the placenta will usually deliver spontaneously.
10. **After the placenta is out,** rub your belly until you feel your uterus contract. It should feel like a hard round grapefruit.

