



When to Page Your Midwife in Labour

How to reach your midwife:

You can reach your midwives by calling **604-200-2601**. Follow the instructions on the greeting about how 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 approx. every 4 hours during business hours so it is generally more appropriate to page when your call is labour-related.

Page your midwife anytime if:

- You are in active labour (see below)
- You are worried about something or have an urgent concern.
- You are less than 37 weeks pregnant and you are having regular contractions at any frequency.

Early vs. Active Labour:

- **Early Labour** can start differently for each person; the contraction pattern can present in a variety of ways. For example:
 - Far apart (i.e. every 10-15min or more) and gradually gets closer and stronger
 - Really close together (i.e. every 2-3min) but not really strong yet
 - Erratic or irregular in frequency and strength (i.e. every 2-6min, some mild, some strong)
- With these types of patterns, it is *not yet time to page your midwives*
 - The only exception to this is if you feel an overwhelming urge to push despite contractions not meeting the active labour criteria.
- In early labour, the contraction pattern can be changed with position or activity changes (i.e. lying down, bath)
- If this is your first baby, **Active Labour begins when your contractions regulate and are consistently 3 mins apart, lasting longer than 60 seconds, AND have been this way for over an hour despite position changes and being in the shower or tub** (i.e. 3-1-1)
 - Also, you will not be able to talk through your contractions at this point
- 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.