

Dandelion Midwifery

Michele Buchmann, RM Joanna Webber, RM

Office Phone: (778) 351-4441 Email: dandelionmidwifery@gmail.com

When to Contact your Midwife

For all **NON-URGENT** concerns, please leave a message at the office:

Phone (778) 351-4441 or email dandelionmidwifery@gmail.com

For all **URGENT** concerns **DO NOT GO TO THE HOSPITAL**, please page your midwife:

Michele (250) 480-2294 Joanna (250) 360-8249

Note: input numbers slowly

You need to page your midwife without delay if you experience any of the following;

- Vaginal bleeding
- Abdominal pain
- Fever of 38°C or greater (not easily reduced without the use of medication)
- Leaking or sudden gush of fluid from the vagina
- Persistent nausea and vomiting
- Severe persistent headache, visual disturbance and/or dizziness
- Notable decrease in or the absence of fetal movements
- Pain, burning or urgency with urination (or other signs of a UTI or kidney pain)
- Signs of labour or suspected signs of labour prior to 37 weeks, such as menstrual-like cramps, low dull backache (often also menstrual like), marked increase in vaginal discharge, abdominal pain or contractions
- Pain, redness or swelling in one or both legs
- With anything that you are seriously worried/ concerned about
- And of course, when you go into labour at term (37 to 42 weeks)... and you are experiencing regular, consistent & increasingly painful contractions and you are ready to speak with a midwife