

NON-URGENT GENERAL CONCERNS

- ◆ Please contact the office for any non-urgent concerns such as:
 - Scheduling appointments
 - Work letters
 - Non-urgent questions about your pregnancy

◆ Clinic Phone: 905-296-3665

Calls are answered:
Monday-Thursday 8am-12pm
& 1pm-5pm
Friday 8am-12pm

If you are communicating with the administrator via email, please understand emails are only checked during regular clinic hours.

Midwives are not in clinic every day, please be aware your call may not be returned the same day.

URGENT & EMERGENCY CONCERNS

- ◆ Page your midwife **IMMEDIATELY** for concerns such as:
 - You need to go to the **Emergency Room** (even for non-pregnancy related concerns)
 - Upper abdominal pain, blurred vision, or severe headache that does not go away with acetaminophen (Tylenol)
 - **Bleeding** from your vagina
 - If you think you are **leaking amniotic fluid**
 - Concerns about your **baby's movements** in the 3rd trimester
 - Regular painful contractions before 37 weeks

WHEN TO PAGE IN LABOUR

- ◆ **IF THIS IS YOUR FIRST BABY:**
Page when contractions are regular, strong and painful (strong contractions take your full attention).
4-1-1 can be a helpful guide
 - Contractions coming every **4** minutes or less
 - Lasting for about **1** min
 - This has been happening for at least **1** hour

Call earlier if you are unsure or not coping with contractions.

- ◆ **IF THIS IS NOT YOUR FIRST BABY:**
Page when contractions are regular and increasing in strength and frequency.
Labour is usually shorter if you've had a baby before.



HOW TO PAGE YOUR MIDWIFE

CALL: 905-561-1880

Press your midwife's extension anytime during the message.

Pages are sent to the on-call team.

Your call may go to voicemail first. Leave a **message with your name and number** and we will respond as soon as possible.

Our on-call team may be covering for each other at various times, so you can leave a message with **any** midwife.

ST. JOSEPH'S HOSPITAL PARKING

Fontbonne Parking Garage:

- Enter via James St. S
- Park on any level
- Enter through the Fontbonne building on level 3 of parking
- Cross the bridge/walkway
- Labour and delivery is on the 2nd floor
- Located in the Bishop Dowling wing

In urgent situations:

- Enter via St. Josephs Drive
- Day surgery/Dialysis parking lot
- DROP OFF ONLY
- Use silver buzzer for entry after hours if door is locked

MOUNTAIN MIDWIFERY CARE

Wentworth-Limeridge Medical Centre

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Clinic phone: 905-296-3665
www.mountainmidwiferycare.com

