

36 WEEKS AND COUNTING. . .

When and how to call the midwife:

Please call when you think you may be in labor, even if it's early on in the process. You may still want to stay home for a while, but we like getting a "heads up" so that we can be close by the hospital when your labor does become active. Especially if this is not your first baby, we need that early warning; then call again when you think it is time to go into the hospital!

Use the **Main Office Number (801) 756-5288** during office hours: Monday-Friday 8:00am-5:00pm

After hours, please call your Midwife listed on the call schedule (which can be picked up at the beginning of each month). In the event that we do not answer, we are probably attending a birth and will call back as soon as possible! If you can't wait, please just go on in to the hospital!

To reach the on-call Midwife AFTER clinic hours please dial (801) 756-5288; Option #1

When to go to the hospital:

If this is your first baby, you will want to come into the hospital when the contractions are happening every 5 minutes or less, from the start of one, until the start of the next one; lasting 1 minute or longer; and are progressively getting longer, stronger, closer, and more regular. You will probably not be able to walk or talk through the contractions. If this is not your first baby, the guidelines for when to come in are not quite so clear, as things can progress more quickly than they did with your first labor. Pay close attention to what your body is telling you, and if the contractions seem to be progressing quickly and are feeling strong, come in even if they are still more than 5 minutes apart.

You should also come in if your water breaks, if you are having period-like bleeding (bloody mucus is normal in labor but frank blood is not), if you have severe abdominal pain, if the baby is not moving as much as normal, or if you have a severe headache and changes in your vision

If you are planning an unmediated labor and birth, please keep in mind that the ideal situation is: spontaneous start to labor, no induction or interventions, and remaining at home where you will be comfortable, for as long as possible as long as everything is normal. Do not stay home so long that you risk delivering in the car!

In the (RARE) event that the midwife on call is NOT available:

Our goal is to provide labor support for all of our patients, especially those wanting to have an un-medicated birth, and to attend your birth. In the unusual even that we have multiple women in labor, or we are otherwise not available; one of our physicians will be there for your birth. While this happens very rarely, we do want you to be aware of that possibility. You may consider hiring a doula for continuous labor support, we are a doula-friendly practice.

Remember to **pre-register** at the hospital you have chosen, and orient yourself to entrances and parking. Please keep our numbers and the hospital phone numbers in a handy place.

American Fork Hospital: (801) 357-7799

Timpanogos Regional Hospital (Orem): (801) 714-6025

Mountain Point Medical Center (Lehi): (385) 345-3000