



Sacopee Valley Birthing Services

www.sacopeemidwives.org

Serving women in southern Maine and eastern New Hampshire.

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To reach YOUR MIDWIFE ON CALL 207-329-2111 PRESS O.

One of us is on call 24/7. Communication regarding your labor or any *urgent* matter should be via phone call to ensure that we do not miss your text or email. *Always leave a message on voicemail* so that we will know we missed your call! If you do not hear back from the midwife on call with an urgent matter within 15 min, please call back again. All of the midwives have extensions where they can be left messages.

The best way to have non urgent questions answered is email. Email is a great communication tool for us. We can answer your questions at a time that is convenient for us. Our schedules can be variable and we could be up all night and sleeping all day. This tool allows us to respond to you quickly and to get much needed sleep after a birth so we can be ready for yours! **Email:** sacopeemidwives@gmail.com

Please call IMMEDIATELY if you experience: An automobile accident, a blow to your abdomen, or a serious fall, More than 6 contractions in one hour before 37 weeks that do not cease with increased water and food intake, position changes, warm bath/ shower and rest. This may feel like an uncomfortable sensation of tightening in your belly or back that comes and goes. Sharp abdominal pain, or decreased movements of your baby. A fever of 101 degrees, Vaginal bleeding or spotting. Regular or steadily increasing contractions. Hot red painful region on leg especially near varicose veins. Itching, burning, or irritation in vagina or on genitals, or if genital blisters or lesions appear.

Please call WITHIN 24 HOURS if you experience: Painful urination; or a significant decrease in the amount of urine. Severe headache that does not respond to usual measures of increased fluids and decreasing stressors. Visual changes, like spots in front of eyes, blurred, or dimmed vision or dizziness Vomiting for more than 24 hours, or if you are Not able to keep down fluids. !Depression !!

Please call at the first sign of labor: Regular contractions 10 min apart or less becoming longer, stronger and closer together. Losing mucus plug or bloody show or “breaking of water” Please call **during the day** if you think something is happening. Your intuition is important- calling early gives us time to rearrange our day if needed.

Please email or call in daytime hours with non-urgent matters- Scheduling, Dietary concerns, Birth Tub questions, Insurance matters, Billing, Classes, Non urgent pregnancy complaints