

# Think you are in Labour? - WHEN TO CALL YOUR MIDWIFE

Please page us day or night if you think you are in active labour:

## What does active labour look like for the first time mom:

Regular, strong contractions:

- 3-1-1 Rule = consistent contractions every 3 minutes for over an hour that are over 1 minute long, you are having difficulty coping with them and you may need to vocalize through them.

AND

What do you see when you go to the bathroom and wipe?

- If it is mucousy tinged with pink or just mucousy this means your cervix is just starting to open and you are losing your mucous plug. Contractions may seem strong but this is not yet active labour.
- when you wipe you see a bright red bloody streak across the toilet paper. No matter how intense and long the ctrx are this probably is active labour. Definitely time to page.

Anytime you feel like you may need something to help you cope / rest. If you page wanting something to help you cope and/or rest then we will meet you at the hospital for an assessment as all things we can offer you have to be administered at the hospital and then you can return home afterwards.

Anytime you would like an assessment. Often for first time moms we will assess at home because research shows the longer a mom stays at home in an undisturbed environment the better labour progresses.

## What does active labour look like for the mom who has already had a baby/babies:

- 5-1-1 Rule = contractions every 5 minutes for 1 hour that are 45-60 seconds long **OR** as soon as you feel it is time to call. Second time and more moms can go very fast so trust your instincts and page when you feel it is time.