

# when to call your midwife

**If you are experiencing any of the symptoms listed on this page, please call us right away at any time, day or night.** There is always a midwife on call to help. If you call after clinic hours, our answering service will notify the midwife on call, who will call you back. Please have your phone on to receive that call back.



**If you're experiencing a life threatening emergency, call 911 or go to the nearest emergency room.**



## Urgent Reasons to Call Your Midwife

- Severe nausea and vomiting (unable to keep any food or water down for more than 24hrs)
- Fever higher than 100.4 °F
- Severe headache that does not get better with rest, water, and Tylenol
- Difficulty breathing, feeling dizzy or light-headed, or like you may faint
- Severe pain in your belly
- Your baby stops moving (after 24 weeks when baby's movement becomes predictable)
- Bleeding from your vagina (a small amount of spotting may be normal after a vaginal exam or sexual intercourse)
- You have symptoms of a urinary tract or kidney infection:
  - Pain in the flank, which is just below the rib cage and above the waist on either side of the back
  - Blood in your urine
  - Pain or burning when you urinate
  - A frequent need to urinate without being able to pass much urine



## Other Questions and Concerns

At Quilted Health, we want to support and answer all of your questions. For non-urgent questions, you can email [care@quiltedhealth.com](mailto:care@quiltedhealth.com), text your clinic, or send a secure message through your patient portal and we will get back to you within one business day.