



Hayley Goldsmith · Daina Meakes · Atasha Chretien
Kristi Mintz · Charlotte Baici · Kiley Ketchum
Registered Midwives
45779 Luckakuck Way, Chilliwack, BC V2R 4E8
Phone: 604 846 8088 Fax: 855 952 3833
hello@themidwives.ca

Welcome, and congratulations!

Thank you for choosing **The Midwives**, and for inviting us to be a part of your pregnancy and birth experience. We love what we do, and we are honoured you have chosen us to share in this exciting time in your life.

Practice Information:

We are a team of six midwives: Hayley, Daina, Atasha, Kristi, Charlotte, and Kiley, which means that you will see all of us during your pregnancy visits in office. You will have an opportunity in your pregnancy to meet each of the midwives. The midwives share call and any of them could deliver your baby. During the first week of your baby's life you will receive home visits from our qualified nursing team. Our team will continue to provide postpartum visits until your baby is six weeks old.

Contacting us: We are available for EMERGENCY calls 24 hours per day, 7 days per week. Please consider that we may have been at a birth all night and may be sleeping in the day. To contact us urgently, please call **604 846 8088 and press 2.**

If for some reason you are unable to reach us in an emergency, please proceed to Chilliwack General Hospital and tell them you are unable to contact the midwife on call – they will contact us for you.

For clinic or scheduling inquiries, please email hello@themidwives.ca. This email is not monitored by a midwife.

For SEMI-URGENT enquiries regarding pregnancy or postpartum **that cannot wait for your next clinic appointment**, please email us at midwives@themidwives.ca

We ask that you save non-urgent questions for your clinic appointments.

We will endeavour to respond to your non-urgent queries within 24-72 hours. We cannot call or email all of our clients with normal/non-urgent lab or ultrasound results. If your results are concerning, rest assured we will call you promptly and directly.

Appointments: Our schedule can get very busy and appointment slots can fill very quickly. If you need to change or cancel an appointment, please call the office (604 846 8088 and press 1) or email hello@themidwives.ca as soon as possible. Please give us at least 24hrs notice if you need to cancel your appointment.

Office Hours: The clinic is open by appointment only. Clinic days are usually 9-4 but can change depending on our work load. If you need to contact the office, please call 604 846 8088 or email hello@themidwives.ca

Prenatal Visit Schedule: Your prenatal visits will be scheduled to meet your individual needs. Typically, your first visit will last 45 minutes. Subsequent visits are scheduled for 30 minutes in length.

<u>Weeks pregnant</u>	<u>Frequency of visits</u>	<u>Typical Schedule of Visits</u>	
Up to 28	Every 4 – 6 weeks	10 weeks intake	38 week in person
30 – 36	Every 2-3 weeks	15 week in person	39 week in person
36+	Every 1- 2 weeks	20 week in person	40 week in person
		25 week in person	41 week in person
		30 week in person	
		33/34 week in person	
		36 week in person	

Postpartum Visit Schedule: Postpartum visits will be scheduled to meet your individual needs. We aim to have our RN team visit you twice in your own home during the first week with your new baby. Following this, we will see you in the office for your two week, four week, and six week postpartum visit. We will return your care to your family physician after this time. Please note that if you live out of our travelling area, you may have reduced home visits.

Student Midwives: We believe that every woman deserves a midwife. Unfortunately, we are forced to turn away women frequently as our caseload quickly fills up. There are too few midwives in BC. The University of British Columbia Midwifery Education Program is one of six midwifery degree programs in Canada training our future midwives. UBC student midwives work with experienced midwives during their 4 year degree program. **The Midwives** are a designated UBC practice site. We welcome student midwives into our practice, and we hope that you will too. Please let us know if this is a problem for you.



Hayley Goldsmith · Daina Meakes · Atasha Chretien
Kristi Mintz · Charlotte Baici · Kiley Ketchum
Registered Midwives
45779 Luckakuck Way, Chilliwack, BC V2R 4E8
Phone: 604 846 8088 Fax: 855 952 3833
hello@themidwives.ca

Contacting your midwife

There may be times in your pregnancy or after your baby is born when you need to contact your midwife. You may contact us via email or telephone.

Emails:

hello@themidwives.ca For clinic, scheduling or general inquiries
midwives@themidwives.ca for semi-urgent pregnancy or postpartum questions for midwife

Calling:

If your call is **urgent** you will need to contact us directly. Please bear in mind that we may have been up all night attending a birth and may be sleeping in the daytime. Therefore, unless you are advised differently – we request that you only call us for **EMERGENCY / URGENT** concerns.

The number for urgent calls is 604 846 8088 EXTENSION 2

For **non urgent** calls, please leave a voicemail, or alternatively, you can email hello@themidwives.ca. We will aim to return non-urgent calls within 24-72 hours.

Examples of emergency / urgent indications to contact the midwife **at any time** of day or night:

During Pregnancy

- Abdominal or back pain that is severe or becoming worse
- Vaginal bleeding
- Reduced or no fetal movements (after you have had a lie down and monitored your baby's movements for 2 hours and still had fewer than 6 movements)
- Labour – contractions that are regular and increasing in intensity and frequency
- You are leaking amniotic fluid
- Severe headache not relieved by Tylenol, visual disturbances like seeing flashing lights, or chest pain.

After you have had your baby

- For you:
 - Bleeding – significantly increases (with or without clots), or has a foul smelling odor
 - Fever or other signs of infection
 - Breastfeeding problems - painful breast lump, cracked sore bleeding nipples, burning nipples
 - Pain (incisional, abdominal, breast) that is increasing, or pain with urination
- For your Baby
 - baby isn't feeding
 - baby is lethargic
 - change in skin colour that includes grey, purple or extremely yellow
 - Baby's breathing becomes laboured
 - fever (37.5 C or higher underarm) or other signs of infection

Of course, please call if you are experiencing concerns that you feel are an emergency.

Should your midwife not promptly respond to your URGENT call: If your call is not returned within 10 minutes, please call again. If you still do not get a call back, the midwife may be attending an emergency. Please call the hospital maternity ward and inform them that your midwife is not returning your calls. They will give you instructions and will contact us.

Chilliwack General Hospital Maternity - 604 795 4107

For medical emergencies please call 911