



386 Cambria Street, Unit 101
Stratford, Ontario N5A 1J4
Tel: (519) 271-3490 Fax: (519) 271-6264

How to Reach your Midwife

To book or change appointments, please phone (519) 271-3490.

Please note: Because midwives are on-call 24 hours a day and provide many home visits outside of office hours, clinic appointments may only be available on certain days. We realize that this may create scheduling limitations, but this is one way that midwives attempt to balance their personal lives with the on-call demands of their job. We appreciate your understanding. If you have particular scheduling difficulties, please discuss this with your midwife.

For urgent concerns, our Answering Service is 1-866-824-9607 (toll-free).

This is an automated system. When you call the number please listen to the message and follow the appropriate prompts. You will be asked to press a number to access the mailbox for your midwife or team of midwives. After pressing the appropriate number, you will hear a 2nd message that will direct you to leave your name, phone number and a brief message. Your midwife will get the message and then call you back. This is a very reliable system, however, if you there is ever a time when you cannot reach your midwife, you should page one of the other midwives on this system. If you are unable to reach an alternate midwife and your concern is urgent, you should proceed to your nearest hospital for assessment. You may also use this number to contact the student who is working with you.

Emergencies and Conditions to Report

Page us at any hour in case of:

1. Contractions that are 3-5 minutes apart and regular, lasting 45 seconds or more
2. Heavy vaginal bleeding
3. Severe abdominal pain
4. Severe headaches (excluding headaches that you are prone to when not pregnant), blurred vision, or severe pain under your ribs that is not related to the baby's position
5. Water breaks and is not clear, smells badly, or baby movement is not felt
6. You are experiencing labour before 37 weeks of pregnancy
7. Illness with vomiting, diarrhea or fever for over 24 hours
8. Significant and consistent pain with urinating
9. You have concerns about decreased fetal movement and have completed the fetal kick count as follows:
 - a. Sit or lie down comfortably and focus your attention on your baby's movements
 - b. count each movement until you have felt 6 movements.

If there are fewer than 6 movements in 2 hours, page your midwife.

For non-urgent concerns or questions that cannot wait until your next appointment:

Please leave a message on the office answering machine, 519-271-3490. We check messages regularly and will return your call as quickly as possible.