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## **When to Call Your Midwife**

**Pager: (503) 536-1963**

1. You think you might need to go to the hospital or emergency room
2. You might be in labor
3. You notice any of the following signs or symptoms:
  - Severe headache that doesn't go away when you take Tylenol and/or sleep
  - Sudden swelling of your hands or face
  - Pain lasting more than a few minutes which is located:
    - a. Under or immediately below your breastbone (sternum)
    - b. In your right shoulder or shoulder blade
    - c. In your right collarbone
  - Vomiting (throwing up)
  - Visual problems that suddenly occur, including:
    - a. A sudden blind spot in your vision
    - b. Loss of vision in one or both eyes
    - c. Double vision
    - d. Lots of spots suddenly floating across your eye(s)
  - Bleeding like a period, or persistent spotting
  - The baby moving a lot less than usual or moving less than 10 times in 12 hours
  - Leaking fluid from your vagina that is green or yellowish-green
  - Leaking fluid from your vagina before 37 weeks of pregnancy
  - Unusual pain in your abdomen or lower back, especially if it is constant and severe