



#103 - 237 EAST COLUMBIA STREET  
NEW WESTMINSTER, BC V3L 3W4  
PHONE: 778-397-0730 FAX: 604-200-0150

We are pleased to provide your midwifery care, and look forward to working with you and your family. We will meet on the following schedule:

6 – 28 weeks	every 4-5 weeks
28 – 36 weeks	every 2-3 weeks
36 + weeks	every 1 week until delivery

Please call with any of the following immediately should they occur:

- Temperature over 38.0° C
- Vomiting lasting more than 24 hours
- Fluid leaking or gushing from the vagina
- Burning or stinging or unusual pressure with urination
- Vaginal bleeding
- Severe abdominal pain
- Uterine contractions prior to 37 weeks
- Severe headaches, persistent dizziness
- Blurred vision or “spots” before the eyes
- Unusual or sudden swelling or puffiness
- Sudden or unusual decreased movement of the baby after 24 weeks
- Any other concern that you feel is unusual or worrisome

For **non-urgent concerns or appointment changes**, please email us or leave a message at the office and we will return your call on the next clinic day.

Our email address is [info@newwestmidwives.com](mailto:info@newwestmidwives.com)

Our office number is 778-397-0730

For **urgent health concerns, or labour and delivery**, call page the midwife on-call:

**604-620-8400**

***Call “911” or go to the emergency room if you cannot reach the midwife on call, and you are concerned about your immediate health.***