

Labor Instructions: When and How to Reach Midwife

WHEN TO CALL:

- Contractions: When your contractions suggest you are in labor.
These are guidelines, not rules!
 - 1st baby: Contractions every 3-4 minutes, lasting 50-60 seconds, powerful (strong enough that it is difficult to walk or talk during them), and they have been like this for one hour.
 - 2nd baby or more: contractions consistently every 4-6 minutes and powerful.
 - When in doubt, call us! There are many variations of labor patterns.
- As soon as your water breaks. It doesn't matter which baby or what your GBS status is, or whether you are having contractions or not; please call immediately.
- Any concerns about your baby, or any vaginal bleeding.

CALL: (520) 795-9912

CALL THE MIDWIFE BEFORE COMING TO TMC

IT IS IMPORTANT TO GIVE AT LEAST 30 MINUTES NOTICE TO THE MIDWIFE BEFORE YOU ARRIVE AT THE HOSPITAL

IF YOU CANNOT REACH A MIDWIFE, call TMC Labor and Delivery **(520) 324-5600** and ask them to contact the on-call El Rio midwife

WHERE TO GO:

TMC: 5301 E Grant Road, Tucson, AZ 85712

Go to Labor & Delivery entrance at the southeast corner of TMC (TMC for Women), on the corner of Grant and Craycroft.

TMC maps: <https://www.tmcaz.com/maps-and-directions/>

EL RIO
MIDWIFERY