

## 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!*
  - 1<sup>st</sup> 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.
  - 2<sup>nd</sup> 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) 670-3909 (24 hours a day)**

### **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