

## When to call your midwife?

The normal period to go into labour and give birth is from week 37 until week 42. If your water breaks or contractions start before week 37, contact us immediately!

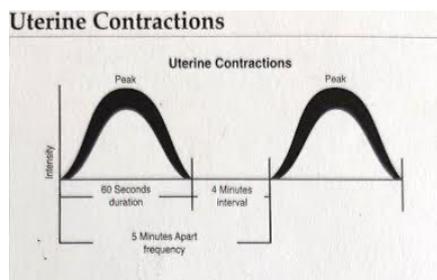
In cases of emergency, labour or urgent questions you can reach us 24/7 via: **020-244 0431**

## Worries

Accessibility is important to us. That's why you should feel free to call us in case you have questions or problems during your pregnancy.

## Contractions

Call if contractions come every 4-5 minutes (or more frequently) for 1-2 hours and last for 50-60 seconds AND if they increase in force, length and frequency.



## Broken water

If the amniotic fluid is clear and you do not have contractions yet, call us the next morning.  
Is the amniotic fluid green? Immediately call our emergency number, no matter what time it is.

## Blood loss

If you lose a reasonably large amount of bright red blood, call us immediately.

## You can always reach us on **020-2440431**

If you cannot reach us immediately call us again right after your first try, as we may be in a meeting. If in this case you are still not able to reach us on our emergency number you can also reach us on: **06-18513806 (backup number)**.

Tip: is your home not easy to find? Switch on your outdoor lighting or hallway lights in the night!

See you at the birth!

Sincerely,

Elisabeth, Nikkie and Astrid