
THE

University of Vermont

MEDICAL CENTER

HOW AND WHEN TO CALL THE MIDWIFE

You may need to contact us between your visits for questions or concerns which are not emergencies. Please call (802) 879-1802 during normal business hours (8:30AM to 4:30PM) Monday through Friday.

If you are in labor or calling with an urgent medical question during normal business hours (8:30AM to 4:30PM) Monday through Friday please call (802) 879-1802 and ask for phone triage, our triage staff will help you and guide you on what to do.

Outside our normal business hours (8:30AM-4:30PM) Monday through Friday, you can contact the midwife on call through the answering service at (802) 879-1802 or the answering service direct at (802) 351-2992. The operator will ask you for your phone number and a reason for the call. The Midwife on call will return your call as soon as they are notified. If you have not received a call back within 15 minutes, call again and have the midwife re-paged.

When to call the Midwife:

In general, if a discomfort is short, occasional, or is associated with changing your position, it is probably related to the way your body is adjusting to your growing baby. If you feel that the pain is severe, persistent, or regular and rhythmic, you should call.

You should always call if any of these occur:

- Vaginal bleeding
- A gush or leaking of clear fluid from your vagina
- Severe or persistent headache
- Sudden marked swelling of feet, ankles, hands, or face
- Blurred vision or other visual change
- Unusual rash or lesions
- Sudden continuous or intermittent abdominal pain or cramping
- Severe or continuous nausea and vomiting
- Pain or burning with urination
- Your baby stops moving or moves much less than usual

OFFICE: (802) 879-1802

ANSWERING SERVICE: (802) 351-2992