



Rainy City Midwifery  
1500 Eastlake Avenue East , Seattle, WA 98102  
206-861-8300 • Fax 206-861-8305

## ***Signs & Symptoms to Report Immediately to Your Midwife***

- Vaginal bleeding
- Leaking of fluid from your vagina
- Chills and/or fever
- Continuous severe headaches, vision changes or dizziness
- Unusual or sudden swelling or puffiness, especially of the hands or face
- Sharp or continuous abdominal pain or cramping
- Severe vomiting or diarrhea lasting more than 24 hours
- Burning, pain, or discomfort while urinating
- Any lesions or sores around the genitals
- Sudden or unusual decrease in the movement of the baby
- Uterine contractions, more than 4-6 in one hour, if less than 37 weeks

### **How to reach the midwife on-call:**

For an **urgent midwifery call** or **if you are in labor**, call us at: **206.357.5850**

If you do not hear from a midwife within 20 minutes, please call the back-up numbers at:

**206.755.7761 - Beth Coyote cell    206.915.7723 – Lynn Hughes cell**

**956.330.3721 - Sara Alvarado cell**

**NOTE:** If you are unable to get in contact with us and you believe it is an emergent situation,  
**call 911.**

For **non-urgent calls** such as, scheduling an appointment or requesting an ultrasound, please call our voicemail at **206.861.8300** and leave a message. Justine, our office manager, or one of the midwives will call within 24 hours.