



Beth Coyote, LM
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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 (cell) or back-up 206.542.9650 – Lynn Hughes

206. 618.8574 - Bev Schubert

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. Brenda, our office manager, or one of the midwives will call within 24 hours.