

# When to Call Your Doula

I am happy to hear from you at any time!  
Listed below are situations I would especially  
want you to contact me!

AFTER A VISIT WITH YOUR CARE PROVIDER  
I CAN HELP NAVIGATE ANY DETAILS ANSWER QUESTIONS  
ABOUT CHANGES, AND **SUPPORT** YOU WITH ANY DECISIONS

WHEN CONTRACTIONS BECOME TIMEABLE  
GENERAL RULE OF THUMB IS **4:1:1** CONTRACTIONS **4 MINUTES**  
APART, LASTING **1 MINUTE** AND CONSISTENT FOR **1 HOUR**

IF YOUR WATER BREAKS  
ALWAYS CALL YOUR PROVIDER FIRST, THEN CALL ME..  
KEEP **C.O.A.T.** IN MIND:: COLOR, ODOR, AMOUNT AND TIME

IF YOU FEEL DIFFERENT  
ANY CHANGES THAT FEEL OFF TO YOU - LET ME KNOW AND WE  
CAN DECIDE IF YOU NEED TO CALL YOUR PROVIDER.  
IN CASE OF ANY SERIOUS THINGS (BLEEDING, SWELLING ETC)  
**ALWAYS** CALL YOUR PROVIDER FIRST



(567)-371-2552

[marta-doula.com](http://marta-doula.com)

## IN THE NIGHT – 10:00 P.M. – 7:00 A.M.

If you're able to handle the contractions easily, try to slow your labor by drinking a large glass of water and getting into a warm bath for about 40 minutes, then try to sleep between contractions. If you can fall asleep, even between contractions, that is the best thing to do! It will be your last opportunity to sleep for a long, long time.

If you are or think you might be in labor, if you are feeling scared, or if you feel that something is urgent, if you have bloody show, if your bag of waters releases even if you are not having contractions, or if you're having contractions that require your full attention and you're unable to talk through them!

-> CALL FIRST

Leave a brief message, wait 5 minutes  
(567)-371-2552

-> CALL SECOND

Leave a brief message, wait 5 minutes  
(567)-371-2552

CALL LAST

If no response at the above numbers  
Call backups listed on your contact card

## WHEN I WILL JOIN YOU

Your shadow doula or I will join you at home when your labor begins to get intense and you feel you need some help. Usually this is when the contractions are about 5 minutes apart, a minute long, and very strong. Although we won't check you, most women are about 2-3 cm dilated at that point. Your emotional state is more important than the frequency of the contractions. Call when you feel you really need help.

If your labor is being induced, I may stay with you until you are settled in and then go home or to my van until active labor contractions begin -- remember, if your labor is induced, it may be 12 to 24 hours before you have contractions that are strong enough to require labor support.