

When to call the hospital

Information for patients and families

Key points

- This brochure provides information for women in their late pregnancy about changes they notice which may concern them and when they need to seek medical advice and care.
- There are many reasons why you may need to call the hospital – our Maternity Assessment Centre and birthing suites can provide 24-hour care and advice.
- Each person experiences pregnancy differently and you can seek support at any time.

The Maternity Assessment Centre (MAC)

Sometimes during late pregnancy, changes may happen that may concern you. Many of these concerns can be discussed at your clinic appointment, however some should be discussed with a midwife as soon as possible.

You can speak with a midwife at the Maternity Assessment Centre (MAC) either via the telephone or in person. The MAC and birthing suites provide 24-hour care and support for women who are pregnant, 20 weeks and over, and have pregnancy related concerns. The first step if you have any concerns is to call us: T. (03) 8405 2277. However, if for any reason you cannot call us, you can present to the birthing suites to see a midwife.

The MAC at the Northern Hospital in Epping, is open from 9am until 5pm every day.

If you need to see or speak to a midwife outside of these hours, between 5pm and 9am, you will still call the MAC phone number on T. (03) 8405 2277, or present to the birthing suites, level 1 at Northern Hospital in Epping.

There may be times when you will need to present to the Emergency Department – this will be advised when you speak to or see a midwife.

When should I call the hospital?

You should contact the hospital if you have any of the following symptoms.

If you:

- Notice your waters break - this may occur before or after labour contractions begin.

- Have any vaginal bleeding that is not mixed with mucous. Small amounts of vaginal bleeding or spotting with lots of mucous is called a 'show' and can be a sign that your body is preparing for labour, or that labour is progressing normally. You can also get a 'show' if you have had a vaginal examination during your admission to the hospital.
- Contractions are regular, last more than 30 seconds and are closer than 5 minutes apart.
- Feel frightened or unsure about what is happening.
- Need medication for pain management.
- Do not feel your baby moving or the movements have changed.
- Have an unusual headache or blurred vision.
- Have had a fall, a minor car accident or any minor abdominal trauma.
- Have a fever or unwell.
- Have constant itching with or without a rash.
- Are concerned about any other changes.

Who should I call?

To speak with a midwife at the hospital about any of these concerns contact:

Maternity Assessment Centre: T. (03) 8405 2277

What should I do if the phone is not answered?

If you cannot get through to a midwife and you are concerned, do not wait at home, come to the hospital at Epping – Birthing Suites on level 1.

Please call an ambulance if it is an emergency (000).

Further Information:

Maternity Assessment Centre: T. (03) 8405 2277.

Northern Health welcomes your questions. Ask us:



You can ask questions when:

- You see a doctor, nurse or other health care provider
- You prepare for a medical test or procedure
- You receive medication

This information is general only. Northern Health encourages you to ask questions and get specific advice from your treating team.

Northern Health



If you need an Interpreter or the support of an Aboriginal Liaison Officer, please speak to a staff member.



www.nh.org.au