

# When to Call Me

## Anytime:

- Non urgent matters, 8am-8pm
  - Texting is preferred for non-urgent things to get the quickest response.
  - Calling is also fine, although you may not reach me right away if I am not on-call for you yet.
- Urgent matters, Call day or night. Do NOT text.
- You may text me something overnight that you would like me to read first thing in the morning. This would be important information, but NOT urgent information. If it is not important or urgent, please wait until after 8am.

## After 37 wks:

- Call me after each prenatal appointment with your care provider.
- Tiffany is in school all day on Fridays, Courtney is in school once per month Thurs-Sun. We both keep our phones with us when we are on-call. If you call when we are in school, we may not pick up right away - leave a message or text and we will leave class to call you right back.

## Any possible pre-labor signs:

- Text or call me if you notice losing your mucous plug, more than average Braxton-Hicks contractions, contractions that start and stop, regular cramping, loose stools, bloody show, etc.
- Especially if you have a hunch in the evening that something may be brewing, get me in the loop before bedtime, please.
- ALWAYS call if your water breaks; whether labor has begun already or not.

## If you think you are in labor OR you are in labor:

- Call me, no matter what day or time. If I do not pick up, skip the voicemail and call me right back. If I still do not pickup leave a message and then text me. If you do not hear from me within 30 minutes or it is very, very urgent, call your backup doula.

If your doula is Tiffany,  
your backup is: Courtney (619-618-8587)

If your doula is Courtney,  
your backup is: Tiffany (858-366-3283)

Your alternate backup doula is: Kelly Pappas (619-871-5805)

## When I will join you:

- When you call we will assess together where you are at in your labor and at what point it would be best for me to join you. I will usually join you at home before you decide to go to your place of birth. This can be whenever you ask me to come and each labor is different, but it is usually when your labor becomes active and your contractions are consistently around 5 minutes apart.
- If I am en route to your home and you leave for your place of birth, please call upon leaving to let me know.
- Remember, it will take me 1-2 hours to get to you depending on how well we have been in contact, what time of day it is and the traffic conditions. It is always best to be in more contact with me than less.