

Peaceful Beginnings Midwifery

Call your midwife *if you experience any of the following symptoms* during your pregnancy

- * Vaginal bleeding or spotting
- * Severe or continuous abdominal, pelvic or back pain
- * Severe nausea or vomiting
- * Severe headaches that persist for more than three hours
- * Sudden weight gain of more than three pounds within a 24 hour period
- * Generalized swelling that does not fluctuate over a 24 hour period
- * Visual disturbances
- * Reduced amount of urine output
- * Increased, unusual thirst
- * Chills and fever over 100 when not accompanied by a common cold or flu
- * If you have a fever over 102 for any reason
- * Burning during urination
- * Persistent and sever back pain
- * Outbreak of blisters in the perineal or anal area
- * Unusual vaginal discharge
- * Cessation of fetal movement.
- * Gush of fluid from the vagina
- * Regular uterine contractions before 36 weeks

Contacting Your Midwives

Call anytime with urgent questions or signs of active labor.

We ask that you keep non-urgent calls and texts between the hours of 8am and 7pm.

Jennifer Konkol, CPM

Call or text: (618) 610-4777

Email: konkol.jennifer@gmail.com

Barbara Gremaud, CPM

Call or text: (314) 422-3303

Email: barbaragremaud@gmail.com