

Fruit of the Womb, LLC
When to Call Your Midwife

As your midwife, I am here for you when you need support or reassurance, as well as to address any concerns or questions you might have about your pregnancy and the health of you and your baby. I would rather you call than be up all night worrying! If you need to reach me right away, please call my cell phone. However, if your question is not of immediate concern you can leave me a message or email and I will get back to you promptly. Please keep in mind that I have a family of my own and that I observe the Jewish Sabbath between sundown on Friday and just after dark on Saturday. If you do not feel it is an emergency, please keep calls and texts between 9 am and 9 pm Sunday through sundown on Friday. In the same respect, never feel like you are bothering me, just know I might not answer non-emergent questions right away after hours.

CALL ME ANYTIME DURING YOUR PREGNANCY IF YOU HAVE:

- Any vaginal bleeding
- Any abdominal pain
- A severe headache (Tylenol is okay, although some research has come out showing a link between Tylenol and neurological damage to fetuses, babies and young children. Do not use Aspirin or Ibuprofen during pregnancy)
- Any visual disturbance (i.e. blurred vision, double vision, or spots)
- Marked swelling of your hands, face, or feet
- Any illness
- Fever, chills, and/or vomiting
- Pain or burning with urination
- If you notice that baby has stopped moving, or movements have dramatically decreased (this may be normal, but we want to check it out)
- If you think you are experiencing preterm labor OR IF
- Your water breaks or leaks (call right away, anytime of day or night)
- If you think you are in labor.

PHONE NUMBERS & EMAIL

Midwife: Nets Manela ph# 240-997-5319 (cell) email netsitsah@hotmail.com

Home line: 410-429-6069 Husband, Jakir (ya-KEER) 301-437-7356

Birth Assistant/second midwife _____ ph# _____

email _____

Back up/Student/Other Contacts:

Thank you! I look forward to seeing your pregnancy blossom and to working with you to have a healthy & beautiful birth!