



# Palomar Medical Center Escondido

## Labor & Delivery Resource Guide

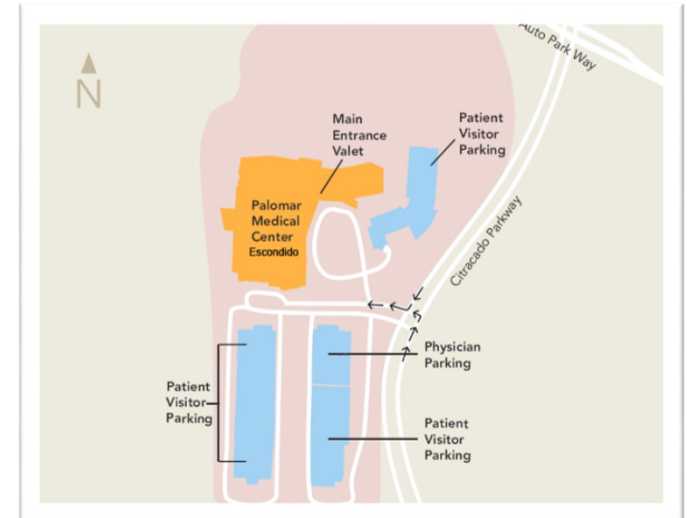
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## Palomar Medical Center – Escondido Hospital Information

2185 Citracado Parkway  
Escondido, Ca 92029

- Parking is **FREE**
- Temporary “drop off” parking in front of main hospital entrance is allowed
- Complimentary valet available for laboring mothers\*
- Wheelchairs available at main entrance if needed
- Enter main lobby, check in at desk in the lobby, then onto 8<sup>th</sup> floor
  - Not recommended to enter through emergency department



[This Photo](#) is from Palomar Health



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\*Availability pending COVID-19 restrictions. Please visit [palomarhealth.org](http://palomarhealth.org) for latest updates

## Palomar Medical Center – Escondido

### Labor & Delivery | General Guidelines

### Palomar Patient Pre-Registration

#### When to call 442-281-1285 (24 hour call back)

- If your water breaks
- If you are not feeling baby move
- If you become injured, have vaginal bleeding, or abdominal pain
- If you begin experiencing contractions
  - **First baby:** 3 to 5 minutes apart lasting 60 seconds and consistent for 1 hour
  - **Second or more:** 5 to 7 minutes apart lasting 45-60 seconds and consistent for 1 hour



#### Always follow the advice of your provider

#### Visitation Policy

- Two visitors over the age of 16 PLUS a certified doula are allowed.
- Visitors may not accompany patient if sick with a cough or fever
- All visitors are encouraged to be up to date with all vaccinations



[This Photo](#) is from Palomar Health

## Palomar Medical Center – Escondido

### Post Partum Unit

#### General Information

- Located on the 8th floor
- 24 private rooms
- Private bathroom with shower
- Sleeping accommodations provided for primary support
- Well newborns will “room in”
- Newborn procedures done at bedside
- Pediatrician will examine baby before discharge

Car seat installation assistance  
**California Highway Patrol**  
858-293-6000 (San Diego)  
619-401-2000 (El Cajon)  
760-643-3400 (Oceanside)



## Palomar Medical Center – Escondido Post Partum Unit

### Length of Stay

- 1-2 days after vaginal birth
- 3-4 days after cesarean birth
- Length of stay dependent on delivery and the condition of mom & baby.

### Visitation Policy

- Only 1 primary support person permitted throughout stay
- Laboring support person may not switch out with another visitor
- Primary Support person may not leave the hospital at any time before discharge

**Visitation policy subject to change pending COVID restrictions. Please visit [palomarhealth.org](https://www.palomarhealth.org) for latest updates.**





# Kaiser Permanente San Diego Prenatal Resources

**SDMC Labor & Delivery**  
858-266-3350

**SDMC Pre-Registration**  
858-266-2688

**Palomar Labor & Delivery**  
760-739-2400

**Palomar Pre-Registration**  
442-281-1285 (24 hour call back)

**Behavioral Health Care Helpline  
(24/7)**  
1-800-900-3277

**Behavioral Health Department**  
1-877-496-0450

**Postpartum Depression & Anxiety**  
619-641-4456

**Member Services**  
1-800-464-4000

**Advice Center  
Pediatric & Adult Advice Nurses  
(24/7)**  
800-290-5000, 888-576-6225

**Appointment Center**  
833-KP4CARE

**Outpatient Lactation Clinic**  
1-866-940-2218

**Center for Healthy Living**  
619-641-4194

**Positive Choice Integrative  
Wellness Center**  
858-616-5600

**Personal use pump order**  
1-833-752-4737

## **Online resources**

[www.kp.org](http://www.kp.org)

[www.kp.org/maternity](http://www.kp.org/maternity)

[www.kp.org/lifecareplan](http://www.kp.org/lifecareplan)

<http://vimeo.com/312018613>

[https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[diego/locations/palomar-](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[medical-center/virtual-tour/](https://thrive.kaiserpermanente.org/care-near-you/southern-california/san-diego/locations/palomar-medical-center/virtual-tour/)

[www.palomarhealth.org/patient](http://www.palomarhealth.org/patient-registration/on-line-registration)

[-registration/on-line-](http://www.palomarhealth.org/patient-registration/on-line-registration)

[registration](http://www.palomarhealth.org/patient-registration/on-line-registration)

<https://breastpumps.byramhealthcare.com/Kaiser>