Palomar Medical Center
Escondido

Labor & Delivery
Resource Guide
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 8th floor
  - Not recommended to enter through emergency department

*Availability pending COVID-19 restrictions. Please visit palomarhealth.org for latest updates
When to call 760-739-2400

- 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 18 PLUS
- Second visitor needs proof of vaccination or negative 72 hours test result
- Visitors may not accompany patient if sick with a cough or fever
- All visitors are encouraged to be up to date with all vaccinations

Guidelines subject to change pending COVID restrictions. Please visit palomarhealth.org for latest updates
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 after 9:00pm to stay
- Support person can switch out with another person outside the hospital
- Laboring support person must wear wristband to leave and return to the unit

*Visitation policy subject to change pending COVID restrictions. Please visit 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

Online resources
www.kp.org
www.kp.org/maternity
www.kp.org/lifecareplan
SDMC Hospital Tour
http://vimeo.com/312018613
Palomar Hospital Tour
Palomar Registration
www.palomarhealth.org/patient-registration/on-line-registration
Byram Healthcare
https://breastpumps.byramhealthcare.com/Kaiser

Personal use pump order
1-833-752-4737