Kaiser Permanente San Diego Medical Center
Labor & Delivery – Resource Guide
Kaiser Permanente San Diego Medical Center  
Hospital Information

9455 Clairemont Mesa Blvd.  
San Diego, CA 92123  

Parking Structure is located  
off Clairemont Mesa Blvd.

- Structure entrance located on Thrive Driveway across from Main Hospital Entrance  
- Labor & Delivery parking spaces located on lower level  
- Temporary Drop Off parking in the front of the main hospital entrance is allowed  
- Wheelchairs available at main entrance  
- Enter through main hospital entrance and proceed to 3rd floor*

* Not recommended to enter through Emergency Department  

Parking is FREE
Kaiser Permanente San Diego Medical Center
Labor & Delivery | General Guidelines

When to call (858) 266-3350

- 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 allowed (If mother is positive to COVID, only ONE visitor)
- Certified Doula (considered a visitor)
- Wristbands will be given to the visitor, allowing them to leave and return
- Visitors may not accompany patient if sick with a cough or fever
- All visitors are encouraged to be up to date with all vaccinations
- No one under the age of 14 years of age permitted
- Visitors MUST continue to wear a mask while in the facility

Guidelines subject to change pending COVID restrictions. Please visit kp.org/maternity to stay up to date.
Kaiser Permanente San Diego Medical Center
Post Partum Unit

**General Information**
- Located on the 3rd floor
- 48 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)
Kaiser Permanente San Diego Medical Center
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**
- **TWO** visitors allowed
  (If mother is positive to COVID, only **ONE** visitor)
- Laboring support person must wear wristband to leave and return to the unit
- Visitors MUST continue to wear a mask while in the facility

Visitation policy subject to change pending COVID restrictions. Please visit kp.org/maternity to stay up to date.
# Kaiser Permanente San Diego Prenatal Resources

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<th>Service</th>
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<tr>
<td><strong>SDMC Labor &amp; Delivery</strong></td>
<td>858-266-3350</td>
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<td><strong>SDMC Pre-Registration</strong></td>
<td>858-266-2688</td>
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<tr>
<td><strong>Palomar Labor &amp; Delivery</strong></td>
<td>760-739-2400</td>
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<tr>
<td><strong>Palomar Pre-Registration</strong></td>
<td>442-281-1285 (24 hour call back)</td>
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<tr>
<td><strong>Behavioral Health Care Helpline (24/7)</strong></td>
<td>1-800-900-3277</td>
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<td><strong>Behavioral Health Department</strong></td>
<td>1-877-496-0450</td>
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<tr>
<td><strong>Postpartum Depression &amp; Anxiety</strong></td>
<td>619-641-4456</td>
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<td><strong>Member Services</strong></td>
<td>1-800-464-4000</td>
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<td><strong>Advice Center</strong></td>
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<tr>
<td><strong>Pediatric &amp; Adult Advice Nurses (24/7)</strong></td>
<td>800-290-5000, 888-576-6225</td>
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<td><strong>Appointment Center</strong></td>
<td>833-KP4CARE</td>
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<td><strong>Outpatient Lactation Clinic</strong></td>
<td>1-866-940-2218</td>
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<td><strong>Center for Healthy Living</strong></td>
<td>619-641-4194</td>
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<td><strong>Positive Choice Integrative Wellness Center</strong></td>
<td>858-616-5600</td>
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<tr>
<td><strong>Personal use pump order</strong></td>
<td>1-833-752-4737</td>
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**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)

**SDMC Hospital Tour**
- [http://vimeo.com/312018613](http://vimeo.com/312018613)

**Palomar Hospital Tour**

**Palomar Registration**
- [www.palomarhealth.org/patient-registration/online-registration](http://www.palomarhealth.org/patient-registration/online-registration)

**Byram Healthcare**
- [https://breastpumps.byramhealthcare.com/Kaiser](https://breastpumps.byramhealthcare.com/Kaiser)