



# 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 3<sup>rd</sup> floor\*



Parking is **FREE**

\* Not recommended to enter through Emergency Department

# Kaiser Permanente San Diego Medical Center

## Labor & Delivery | General Guidelines

### When to call (858) 266-3350

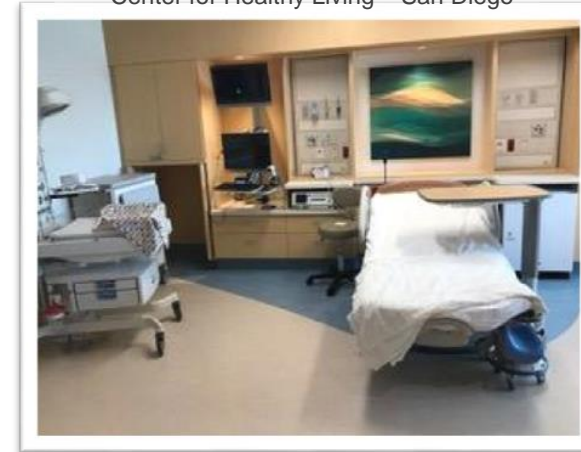
- If your water breaks
- If you are not feeling baby move
- If you become injured, have vaginal bleeding, or abdominal pain
- If you begin experiencing contractions
  - **First baby:** 3 to 5 minutes apart lasting 60 seconds and consistent for 2 hours
  - **Second or more:** 5 to 7 minutes apart lasting 45-60 seconds and consistent for 1 hour

### Always follow the advice of your provider

### Visitation Policy

- Four visitors total 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
- No one under the age of 14 years of age permitted

Guidelines subject to change. Please visit [kp.org/maternity](http://kp.org/maternity) to stay up to date.



# Kaiser Permanente San Marcos Medical Center

## Labor & Delivery Unit

### General Information

- Located on the 3<sup>rd</sup> floor
- Check-in 3<sup>rd</sup> floor admitting desk
- 12 private labor suites with private on-suite bathrooms and showers
- 6 Triage rooms
- 3 Operating Room Suites
- 2-4 Physicians & 2 Midwives on staff
- Sleeping accommodation provided for primary support person only
- Skin to skin encouraged after delivery
- Infant weight and measurement delayed for golden hour
- Recovery period 1-2hrs after delivery then transfer to Post Partum



## Kaiser Permanente San Diego Medical Center Post Partum Unit

### General Information

- Located on the 3<sup>rd</sup> 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) (Not Offering)

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

### Visitation Policy

- Four visitors total 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
- No one under the age of 14 years of age permitted



Guidelines subject to change. Please visit [kp.org/maternity](http://kp.org/maternity) to stay up to date.

# Kaiser Permanente San Diego Prenatal Resources



## **San Diego Medical Center**

Labor & Delivery  
858-266-3350

## **San Diego Medical Center**

Pre-Registration  
858-266-2688

## **San Marcos Medical Center**

Labor & Delivery  
442-385-7377

## **San Marcos Medical Center**

Pre-Registration  
442-385-7325

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)  
1-800-290-5000, 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)

## **San Diego Medical Center Hospital Tour**

[https://vimeo.com/312018613/  
b7efcb32c1](https://vimeo.com/312018613/b7efcb32c1)

## **San Marcos Medical Center Hospital Tour**

[https://kp.qumucloud.com/view/  
Welcome-to-the-KP-San-  
Marcos-Medical-Center](https://kp.qumucloud.com/view/Welcome-to-the-KP-San-Marcos-Medical-Center)

## **Byram Healthcare**

[https://breastpumps.byramhea  
lthcare.com/Kaiser](https://breastpumps.byramhealthcare.com/Kaiser)