



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*



Parking is **FREE**

* Not recommended to enter through Emergency Department

Kaiser Permanente San Diego Medical Center

Labor & Delivery | General Guidelines

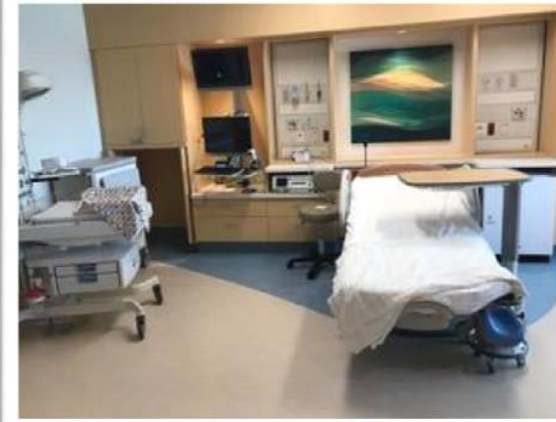
When to call (858) 266-3350

- 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
- Children under 12 are limited to siblings and must be accompanied by an adult whose only task is their care

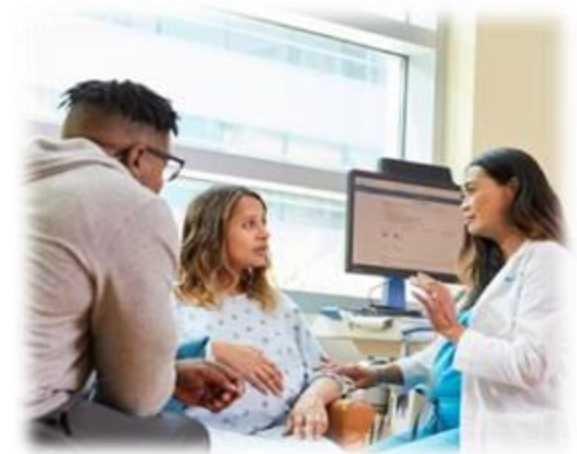


Guidelines subject to change. Please visit kp.org/maternity to stay up to date.

Kaiser Permanente San Marcos Medical Center Labor & Delivery Unit

General Information

- Located on the 3rd floor
- Check-in 3rd 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 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
- 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
- Children under 12 are limited to siblings and must be accompanied by an adult whose only task is their care



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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

www.kp.org/maternity

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

Byram Healthcare

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