

Welcome to Kapi'olani's Maternity Tour



CHECKLIST TO PREPARE BEFORE, DURING AND AFTER DELIVERY

What to do Now

- ☐ Please preregister:
 1. **In person** – Go to the Admissions Office on the 1st floor of the Main Hospital to complete the preregistration form.
 2. **By mail** – Complete the preregistration form and mail in using the address on the form.
 3. **Online** – Go to Kapiolani.org and complete the online preregistration form.

If you choose to mail your form or register online, remember to stop by the Admissions Office prior to your delivery date to sign the hospital consent forms.

- ☐ You will receive a "Confirmation of Registration" and a Patient Information Handbook. Please review this packet to acquaint yourself with Kapi'olani Medical Center for Women & Children.
- ☐ Have your infant car seat installed and inspected. If possible, make an appointment with one of the child safety inspection stations prior to delivery.
- ☐ Attend a Prepared Childbirth and Infant Care class. To register, visit Kapiolani.org or call 808-527-2588.
- ☐ Select a pediatrician. If you need assistance, please call 808-643-4DOC (4362) for a doctor referral.

What to Bring to the Medical Center

- ☐ Photo ID (mom and partner).
- ☐ Medical insurance card.
- ☐ Toiletries and personal items.
- ☐ Do not bring any valuables, such as jewelry or large sums of money.
- ☐ Going-home clothes for mom. Going-home clothes for baby. Include two or three baby blankets.
- ☐ Optional items: pair of socks, slippers, bathrobe, lip balm, camera.
- ☐ Items for your partner: blanket, pillow, jacket, socks, personal toiletries.
- ☐ Free WiFi is available in patient rooms. If you bring a laptop computer, it needs to be batteryoperated.

Entering the Medical Center on the Big Day

- ☐ On the big day, drive to the drop-off area on Bingham Street and enter the Main Hospital using the Lobby entrance. If you are arriving after 10 p.m. and need assistance, go to the Emergency Department driveway.
 - Once in the Lobby, take the elevators to go directly to the Family Birth Center on the 3rd floor. Use the intercom to be buzzed in.
 - If you have a planned cesarean section or induction and have not preregistered, go to the Admissions Office on the 1st floor.
- ☐ Your partner can park in the Medical Center Parking Garage. Once parked, bring a photo ID and proceed to the Main Hospital lobby and check in at the Security Center by the entrance. Security will provide your partner with a visitor ID and instructions on where to go to meet you.
- ☐ A free parking pass will be provided once you have been admitted into the medical center. This allows your partner to come and go as needed during your recovery. Your partner can pick up the pass at the Admissions Office. Make sure you have the parking ticket you received when you entered the garage. Present your parking pass any time you exit the garage.

WHERE YOU'LL BE STAYING

Kapi'olani Family Birth Center

Our Family Birth Center is located on the 3rd floor. The patient areas include:

- Seven triage beds (assessment/evaluation of labor status).
- 25 labor/delivery/recovery rooms (four capable for special needs).
- Three large cesarean delivery rooms.
- A transitional newborn nursery.

Family and friends can wait in the Main Hospital lobby or the Dining Room, located on the 2nd floor of the Diamond Head Tower. The Dining Room is open daily from 6 a.m. to 3 a.m.

Mother Baby Care Unit

Our Mother Baby Care Unit is located on the 4th floor and consists of mother-baby patient rooms. Dedicated to the support and promotion of couplet bonding and breastfeeding success, "rooming-in" is encouraged where mom and baby stay together during the hospital stay. The newborn nursery area is used for newborn assessments and continued observations for those newborns requiring additional attention.





Breastfeeding

Kapi'olani is committed to support you as you breastfeed your baby. Nurses in the Family Birth Center and the Mother Baby Care Unit are trained to assist mothers and babies with breastfeeding. Hawai'i Mother's Milk, Inc. (located on the 3rd floor of the Diamond Head Tower) is also available for breastfeeding counseling or pump rental. You can contact them at 808-949-1723.

Financial Services

Our Kapi'olani Financial Counselors are here to help you verify and assess your insurance coverage and benefits, estimate hospital cost, estimate copayments and assist with QUEST applications. The office is open daily from 8 a.m. to 4 p.m. You are welcome to visit our Financial Services Department on the 1st floor in the Main Lobby or call 808-983-8538. Kapi'olani accepts most insurance plans and also accepts payment by MasterCard, Visa, American Express, Discover, cash and personal checks.

Parking

You may park in our spacious Medical Center Parking Garage. Parking is free for the support person during mother/baby's hospital stay. There is a fee for other visitors. Handicap parking stalls are available in the parking garage.

- Valet Parking Available. Convenient valet parking is available for \$8 Monday-Friday from 8 a.m. to 4 p.m. (Valet parking is closed on hospital-observed holidays.) Enter the medical center driveway off Bingham Street and see the valet at the kiosk. We have accommodations for handicap vehicles during valet parking hours.

Visiting Hours

We encourage your support person/partner to be at your bedside during your delivery.

All other visitors should check in at the Security Desk in the lobby on the 1st floor. A picture ID is required. Upon approval, security will issue a visitor ID.

Postpartum and newborn visiting hours for family and friends are 11 a.m. to 8:30 p.m. After 8:30 p.m., one adult visitor may stay overnight.

Two visitors are allowed in the patient's room at one time, with the option to swap out during established visiting hours. All visitors must be at least 18 years of age or older at this time. Please respect the privacy of others and keep noise to a minimum.

Food Services

Patient meals begin with breakfast service at 7:15 a.m., lunch at 11:15 a.m. and dinner at 5:15 p.m.

The evening prior to discharge, a special "Celebration Dinner" will be served to you and your support person. Couples have their choice of several first course, entree and dessert selections.

Visitors can purchase takeout meals from the Dining Room, located on the 2nd floor of the Diamond Head Tower. We also can deliver a guest meal tray from the Dining Room menu for the à la carte cost of the meal, plus a \$2 delivery charge.

The Dining Room is open from 6 a.m. to 3 a.m.

Breakfast:	6 a.m. to 9 a.m.
Lunch:	11 a.m. to 2 p.m.
Dinner:	4:15 p.m. to 3 a.m.

No Smoking

Kapi'olani Medical Center is a smoke-free facility. Patients and visitors are asked to refrain from smoking tobacco products or items giving the appearance of smoking, like electronic cigarettes, anywhere on campus.

Gift Shop

Located just off the Main Hospital lobby, our Gift Shop provides a wide assortment of gifts for the new baby and mother. Please do not bring latex balloons to the medical center, as they are not permitted due to potential latex allergies of patients and staff. Mylar balloons are available in our gift shop.

Gift Shop Hours:

Monday-Friday, 9 a.m.-5 p.m.
Closed Saturdays, Sundays and holidays.

Hospital Discharge

Recommended discharge time is 11 a.m. However, your discharge is dependent on your physicians' decision as to when you and your baby are ready to go home. Please discuss your stay and anticipated discharge with your doctors and nurses.

We look forward to delivering your little miracle!

