

## MOANALUA MEDICAL CENTER LABOR AND DELIVERY TOUR

Aloha, I'm Dr. Alexa Sueda, the Chief of Obstetrics and Gynecology at Kaiser Permanente Hawaii. Welcome to Moanalua Medical Center. At Kaiser Permanente, our medical team is here to provide you with excellent care and a positive personalized experience when you welcome your new baby. We deliver well over a hundred babies each month, so you and your little one, or little ones, are in highly experienced and capable hands.

In fact, Kaiser Permanente, Moanalua Medical Center, has received several national awards, highlighting our exceptional maternity care. It's important to know what to expect when you arrive at the hospital on delivery day. So let's take a tour of our Labor and Delivery Unit, our Post-Delivery Unit, and our Neonatal Intensive Care Unit.

When you think you're in labor, please call us. One of our nurses can help you decide if it's time to come in. Please, plan ahead by keeping our phone number and driving directions handy. When you arrive at Moanalua Medical Center, day or night, you can use the temporary maternity parking spaces located at the hospital's main entrance. After you're comfortably settled inside, your vehicle can be moved to our parking garage.

Please enter through the main entrance of the hospital. Wheelchairs can be found near the doors, and may also be provided by security. Once you're inside, check-in at the security desk and go to our Labor and Delivery Unit on the sixth floor.

When you arrive on the sixth floor, use the buzzer button and a nurse will open the door. Please go to the check-in desk. A nurse will take you to a triage room for an assessment. If you need an interpreter, please let us know.

If you're ready for labor, you'll be admitted to the Labor and Delivery Department. If you're not yet ready to deliver, your nurse will explain next steps, and you can safely return home. When you're ready to go into labor, a nurse will escort you to a private room. You'll have a bed that can support many labor and birthing positions, a peanut ball to support your body, and other birthing amenities. Each room has a TV, Wi-Fi, and a place for your partner or support person to sleep.

Our nursing team is excited to be part of your birth experience. You'll have a specially trained registered nurse who can assist you through many aspects of your birth, such as positioning, pain management, breathing techniques, and time to bond with your baby.

You'll also have an obstetrician-gynecologist, or OB-GYN physician, who specializes in pregnancy and childbirth. In addition, a certified nurse midwife will be with you to offer additional support through labor, helping you deliver your baby, and looking out for your and your baby's safety and well-being.

Moanalua Medical Center has an OB-GYN and certified nurse midwife on site 24-hours a day, so the team is ready to take care of you when you come in. This doctor and nurse midwife will work closely with your nurse and the rest of your care team. That team may include neonatologists and perinatologists, as well as anesthesiologists or nurse anesthetists, if you want an epidural or spinal pain medication, and lactation specialists. Your care team will ask about your birth preferences, and will do their best to give you the birth experience you'd like to have.

Our first priority is to ensure the safety of you and your baby. If circumstances change your birth plan, your care team will discuss options with you along the way. While most babies are born vaginally, sometimes cesarean delivery is the best option for keeping you and your baby safe. In most cases, your support person can stay with you even if you need a cesarean section.

Throughout your birth experience, you'll be surrounded by a team of experienced, caring professionals working together to deliver high quality care, and give your baby a healthy beginning.

After your baby arrives, you can expect to rest in the hospital for one, two, or three days, depending on how your recovery is progressing. While you're here, you'll have time to bond with your newborn, and your partner or support person is welcome to stay with you. For other guests, please check with the hospital for visiting hours.

Breastfeeding or chest feeding comes with a variety of health benefits for both you and your baby, but it takes patience, practice, and most importantly, support. New parents supported by Kaiser Permanente's nurses and lactation specialists exclusively breastfeed or chest feed at a rate significantly higher than the national average. However you choose to feed your baby, we'll be here to guide you during your stay and throughout your postpartum journey.

After birth, most babies stay with their parents in their rooms, but we also have a Neonatal Intensive Care Unit, known as the NICU, for newborns with special medical needs. If your baby needs critical care support, our neonatologists, specifically trained NICU nurses, and support staff will all work together to provide the best care possible, 24 hours a day. Although these situations are uncommon, you can have peace of mind knowing we are ready if more advanced care is needed.

Aloha mai kakou. I'm Ka'ili Keo, certified Nurse Midwife here at Kaiser Permanente Hawaii. Mahalo for taking this tour of Moanalua Medical Center. Please reach out to your prenatal care team with questions about what to expect on delivery day. We also invite you to sign up for one of our prenatal classes as you prepare for your new arrival.

We look forward to welcoming your little one to our Kaiser Permanente, Ohana.