

Having your baby at Kapi'olani



**HAWAII
PACIFIC
HEALTH**

**KAPI'OLANI
MEDICAL CENTER**
FOR WOMEN & CHILDREN





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Kapi'olani Family BirthCenter

The Best Choice for Your Baby

Selecting a birthing facility is one of the most important decisions of your pregnancy. That is why we are proud of the fact that we deliver more babies in Hawai'i than anywhere else.

ALOHA,

Thank you for requesting your free "Having a Baby" Kit. The enclosed materials will help you prepare for a healthy, happy baby.

This is a joyous time for you in the coming months, you'll be doing fun things like choosing your baby's name and picking out nursery colors. You will also be making some very important decisions, like where you'll have your baby.

Families and physicians rely on the Kapi'olani Family BirthCenter more than any other hospital for safe, specialized care for baby. We hope you will choose Kapi'olani too.

THERE'S A LOT OF GREAT INFORMATION AND VALUE PACKED INTO THIS KIT!

- **Having Your Baby at Kapi'olani.** Essential information about Kapi'olani.
- **Planning for Baby.** Helpful check-off lists in planning for your baby.
- **Maternity Program and Classes.** We offer a range of maternity and parenting programs for you and your family. (Classes fill quickly, so please sign up right away. Call 527-2588 or visit us online at Kapiolani.org.)
- **Free Family BirthCenter Tour.** Take a guided tour of our beautiful birthing suites and see for yourself the specialized care available for baby. Call 527-2588 to register.
- **Tips to Prepare for Baby.** Helpful information for you and your partner.
- **Pre-Registration.** Take care of the paperwork now, then relax. Simply complete and return the enclosed form so everything is ready and waiting for you. Or pre-register online at Kapiolani.org.



HAVING YOUR BABY AT KAPI'OLANI



KAPI'OLANI FAMILY BIRTHCENTER

Our Family BirthCenter is located on the third floor and offers:

- Six triage beds (where patients are assessed and the evaluation of a mother's labor status is determined)
- 26 labor/delivery/recovery rooms (two capable for special needs)
- Three large cesarean delivery rooms
- A transitional newborn nursery

MOTHER BABY CARE UNIT

Our Mother Baby Care Unit consists of mother/baby patient rooms and a newborn nursery. It is located on the fourth floor. Dedicated to the support and promotion of couplet bonding and breastfeeding success, "rooming-in" is encouraged. This is 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.

- 52 Private rooms
- Breastfeeding and discharge classes to help with any questions you may have
- Each mom has the ability to visit with a Lactation Consultant before being discharged

HAWAII'S ONLY MULTIDISCIPLINARY PRENATAL TREATMENT TEAM

Kapi'olani's Fetal Diagnostic Center provides comprehensive diagnostic tests and management for high-risk pregnancies,

as well as screening and testing for expectant mothers without complications. Our team of maternal fetal medicine specialists, sonographers, genetic counselors and clinical nurses, is dedicated to helping mothers deliver the healthiest baby possible.

In addition to this core team, the Fetal Diagnostic Center has a dedicated team of consulting specialists to provide immediate support as needed. These specialists assist with ongoing management throughout the patient's pregnancy and following the delivery of your baby. It is the only team of its kind in the state.

BREASTFEEDING

Breastfeeding is a nurturing experience for you and your baby. It also is an important decision that we support. Nurses in the Family BirthCenter and the Mother Baby Care Unit are trained to assist mothers and babies with breastfeeding. The Hawai'i Mother's Milk, Inc. (located in the Diamond Head Tower) also is available for breastfeeding counseling or pump rental. Call 949-1723.

KAPI'OLANI BREASTFEEDING SUPPORT GROUP

is facilitated by lactation educators to answer your breastfeeding concerns, discuss different topics, meet other moms, and get and give support. Bring your baby and learn and share in a friendly supportive environment. Moms and babies age 0-12 months are welcome. Please bring a comfy blanket to put baby on and a water bottle for yourself.

Location: First Tuesday of every month at Kapi'olani Medical Center for Women and Children

Cost: FREE – No registration is needed. Come join us! Please call (808) 983-6007 for more information.

FINANCIAL SERVICES

Financial counselors are here to help you verify and assess your insurance coverage and benefits, estimate hospital cost, estimate co-payments and assist with QUEST applications. The office is open seven days a week from 8 a.m. to 4 p.m. You are welcome to visit our Financial Services Department on the first floor in the Main Lobby or call 983-8538. Kapi'olani accepts most insurance plans, as well as payment by MasterCard, Visa, American Express, Discover, cash and personal checks.

FOOD SERVICES

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

On the evening prior to discharge, a special "Celebration Dinner" will be served to you and your support person. Couples have their choice of *Salmon Provençal*, *Bacon-Wrapped Petit Filet Mignon* and *Chicken Kiev*. For visitors, take-out meals are available from the Dining Room on the second floor. We also can deliver a guest meal tray from the dining room menu for the ala carte cost of the meal, plus a \$2 delivery charge.



The Dining Room is open from 6 a.m. to 3 a.m. Our hot meals are served during the following hours:

- Breakfast: 6:00 a.m. – 9:00 a.m.
- Lunch: 11:00 a.m. – 2:00 p.m.
- Dinner: 4:15 p.m. – 2:30 a.m.

OUTPATIENT PHARMACY

For the convenience of our patients and their family and friends, a pharmacy is located on the 1st floor to fill your prescription and over-the-counter medication needs.

Pharmacy Hours:

Monday–Friday, 8:30 a.m. – 5:00 p.m.

Saturday, 8:30 a.m. – 2:00 p.m.

Closed on Sundays.



GIFT SHOP

The gift shop is located on the ground floor in the main hospital. They sell snacks, drinks, flowers, baby items and general toiletry items.

Gift Shop hours:

- Monday through Friday: 9:00 a.m. – 7:20 p.m.
- Saturday: 9:00 a.m. – 12:30 p.m.; Sunday: CLOSED

CHAPEL

A chaplain is available Monday through Friday from 8:00 a.m. – 4:30 p.m. Please call extension 38651. The Chapel is on the 2nd floor of the Diamond Head Tower. Our chaplains are also available on an emergency basis at all other times – please let us know how we can help.

PATIENT RELATIONS

If you have any questions, call our patient relations coordinator at **983-6067**.

COFFEE CARTS:

- Diamond Head Tower coffee cart on the 2nd floor
Hours of operation: Monday through Friday
6:30 a.m. – 7:00 p.m.; closed on the weekend.
- Main hospital ground level coffee cart
Hours of operation: Monday through Friday
6:30 a.m. – 2:00 p.m.; closed on the weekend.

PARKING

Parking in our new, spacious garage is free for the support person during mother's/baby's hospital stay. There is a minimal fee of \$5 for other visitors. Convenient valet service is available Monday through Friday, from 8 a.m. to 4:30 p.m. Valet drop-off is located off of Bingham Street, near the Emergency Department entrance. We also have accommodations for handicap vehicles.

PLANNING FOR BABY—HELPFUL CHECK OFF LISTS

MATERNITY TOUR QUICK CHECKLIST WHAT TO DO NOW

Please pre-register:

1. In person: Please come to our Admissions Office on the first floor to complete the form.
2. By mail: Complete and mail us your pre-registration form.
3. Online: Go to Kapiolani.org and complete the online 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.
- Have your car seat installed and inspected. If possible, make an appointment with one of the child safety inspection stations.
- Attend a Prepared Childbirth and Infant Care class. Please go online to sign up at Kapiolani.org or call 527-2588.
- Select a pediatrician. If you need assistance, please call 527-2588 for a doctor referral.



WHAT TO BRING TO THE HOSPITAL

- 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 and baby. Include two or three baby blankets.
- Optional items: pair of socks, slippers, bathrobe, lip balm, camera.
- Items for the partner: blanket, pillow, jacket, socks, personal toiletries.
- Free Wi-Fi wireless Internet is available in patient rooms. If you bring a laptop computer, it needs to be battery operated.

ENTERING THE HOSPITAL ON THE BIG DAY

- If you need assistance, please use the Emergency Department entrance on Punahou Street and one of our staff will assist you to the Family BirthCenter.
- If no assistance is required, get dropped off at the lobby entrance.
- If you are pre-registered or not, please go to the Family BirthCenter on the third floor where they can assist you. Press the intercom to be buzzed in. Pre-registering will ensure a faster check-in.
- Your support person can park in the new Bingham Street parking garage. Bring a photo ID and check in with the Security Center by the lobby entrance. Security will provide your partner with a visitor ID. Follow security instructions.
- After delivery, a free parking pass will be given to your support person in the Admissions Office. Make sure you have both the parking ticket you received when you entered the parking garage and your free parking pass when you exit the parking garage.

MATERNITY PROGRAMS AND CLASSES



MATERNITY TOUR **FREE**

Experience our free Maternity Tour and see why Kapi'olani is the right choice for you and your baby. Visit our Family BirthCenter suites, learn about the specialized care available, and see exactly what you can expect on the big day.

Tours are offered at convenient times throughout the week. Reservation required. Adults only, please.

LOOKING FOR A DOCTOR? **FREE**

Whether you're looking for an OB-GYN close to home or a pediatrician for your baby-to-be, our experienced staff can help. Call 527-2588.

PREPARED CHILDBIRTH

This class is designed for expectant couples in their last three months of pregnancy. Topics include prenatal care, normal discomforts of pregnancy, signs of labor, contractions, comfort measures, breathing techniques for labor, relaxation exercises, phases of labor, birthing options, pain medication, partner's role, caesarean delivery and postpartum care. Various series options are available to meet your individual needs.

INFANT CARE/CPR/BREASTFEEDING

A series of classes for expectant couples includes Infant CPR, Breastfeeding and Baby Basics, like bathing, diapering, information on wellness, illness, child-proofing your home, crying, colic and car seat safety.

CPR FAMILY & FRIENDS (INFANT CPR) AND CPR FAMILY & FRIENDS (PEDIATRIC CPR)

Both of these classes are for awareness not certification. Each class is two hours long and designated for parents and caregivers to learn the techniques for CPR and how to stop a child from choking.

The **INFANT CPR** class provides these techniques for infants up to 12 months old and is part of the Infant Care series mentioned above.

The **PEDIATRIC CPR** class is separate and is for those with children ages 13 months to 8 years.

BREASTFEEDING

Our three-hour class is designed to prepare expectant couples for breastfeeding. This class covers lactation, breastfeeding techniques, how babies nurse and problem-solving tips. (Part of the Infant Care Series.)

POSITIVELY PREGNANT **FREE**

A free two-hour class with our helpful pregnancy guide. Available to all couples planning or expecting a baby, this class can help you have the healthiest pregnancy and baby possible. Topics include common discomforts of pregnancy and what you can do. It also covers exercise, nutrition, changes that mom will go through and signs of complications. Call Positively Pregnant at 535-7474 or register online at Kapiolani.org.

INFANT CARE FOR GRANDPARENTS AND CAREGIVERS

This series is designed to educate grandparents and caregivers on the newest ways to care for a newborn baby. Topics will include updated baby care basics, safety, car seats and Infant CPR. Baby care basics include feeding, bathing, swaddling and sleep position (Should baby sleep on their stomach or back? Should bumper pads be placed in the crib?) This class will give grandparents the rationale of the current findings and what can be done now.



FOR REGISTRATION OR INFORMATION ON CLASS SCHEDULE, LOCATION AND COSTS, CALL 527-2588 OR VISIT US ONLINE AT KAPIOLANI.ORG.

TIPS TO PREPARE FOR BABY (FOR MOM/PARTNER)

FIRST TRIMESTER

- **BOTH:** Are you ready for this? It's normal for you both to be nervous and scared, and to wonder if you are really ready. Talk about your feelings together.
- **PARTNER:** This is your pregnancy, too! Mom is going to need your help. Don't think that just because the baby is inside her that there's nothing for you to do.
- **MOM:** Symptoms of pregnancy may start to appear. This might include morning sickness, weight gain and heartburn. It's a good idea to drink lots of water, eat healthy food and exercise.
- **PARTNER:** You can help by doing activities with her and by helping out around the house when she is tired.
- **BOTH:** Stop any bad habits: drinking alcohol, smoking or using drugs. It will be easier if you quit together.
- **BOTH:** Start talking to your baby. Your baby can hear and will learn to recognize both of your voices long before he or she is born.

SECOND TRIMESTER

- **BOTH:** Mom – you probably want to go to every baby store there is on island. Partner – it's important that you be a part of getting ready for your baby too.
- **BOTH:** The most important thing you need to buy for your baby is a car seat. Make sure the car seat fits in your car, and that the seat belts will securely hold the car seat. Check that it is certified to be used in a car and isn't just a baby carrier. Have your car seat checked by a car seat technician at Kapi'olani. To make an appointment call 527-2588. For other car seat inspection stations, visit kipchawaii.org.
- **MOM:** Changes in hormones may cause you to be more emotional than usual. This is completely normal.
- **PARTNER:** Emotions are not "in her head." She also does not have much control over how she feels. Be extra understanding and support her.
- **BOTH:** It's very important to go to childbirth classes together. Both of you will be a big part of the labor and delivery process.
- **BOTH:** Keep talking, singing and reading to your baby. Your baby will recognize your voice when born.

THIRD TRIMESTER

- **BOTH:** The big day is almost here!
- **PARTNER:** Mom will need lots of support and reassurance. Remind her how beautiful she is. Tell her how great you feel to see her belly grow bigger with your baby. Place your hand on her belly often to feel your baby moving.
- **BOTH:** Keep talking to your baby. Your baby can hear everything you say, and will recognize both of your voices when he or she is born.
- **BOTH:** Don't miss any prenatal care check-ups.
- **BOTH:** Attend childbirth classes together.
- **BOTH:** Talk about names for your baby.
- **PARTNER:** Plan on being in the delivery room when your baby is born. Mom needs you there. If you're worried, talk to her about your concerns.



USEFUL PHONE NUMBERS

Families and physicians rely on the Kapi'olani Family BirthCenter more than any other hospital for safe, specialized care for baby. We hope you will choose Kapi'olani too.



USEFUL PHONE NUMBERS

Admissions	983-8260
Breastfeeding Information (Hawai'i Mothers Milk, Inc.).....	949-1723
Hospital Operator	983-6000
Maternity Tour	527-2588
Patient Billing.....	522-4013
Patient Relations.....	983-6067
Programs and Classes.....	527-2588

KAPI'OLANI MEDICAL CENTER FOR WOMEN & CHILDREN
HONOLULU, HAWAII

PRE-REGISTRATION FORM

FORM # AD-40 ITEM #8084 (REV. 8/03)

PURPOSE OF ADMISSION	SURGICAL PATIENTS ONLY	MATERNITY PATIENTS ONLY:
<input type="checkbox"/> MEDICAL <input type="checkbox"/> ADULT <input type="checkbox"/> PEDIATRIC <input type="checkbox"/> SURGICAL <input type="checkbox"/> ADULT <input type="checkbox"/> PEDIATRIC <input type="checkbox"/> MATERNITY WERE YOU (OR THE PATIENT) EVER HOSPITALIZED AT KMCWC? (INCLUDE IF YOU WERE BORN HERE). <input type="checkbox"/> YES <input type="checkbox"/> NO IF YES, UNDER WHAT NAME? _____ WHEN (MONTH/YEAR)? _____	ADMISSION DATE ____/____/____ SURGERY DATE ____/____/____ PHYSICIAN'S NAME _____ HOW WERE YOU REFERRED TO KMCWC? <input type="checkbox"/> SELF <input type="checkbox"/> PHYSICIAN <input type="checkbox"/> FRIEND <input type="checkbox"/> ADVERTISEMENT <input type="checkbox"/> EMPLOYEE <input type="checkbox"/> CLINIC WHICH ONE _____ <input type="checkbox"/> OTHER _____ DO YOU HAVE AN ADVANCE DIRECTIVE? <input type="checkbox"/> YES <input type="checkbox"/> NO DO YOU WISH CONFIDENTIALITY DURING YOUR HOSPITAL STAY? <input type="checkbox"/> YES <input type="checkbox"/> NO ARE YOU AN EMPLOYEE OF KMCWC? <input type="checkbox"/> YES <input type="checkbox"/> NO	ADMISSION DATE ____/____/____ ESTIMATED DATE OF DELIVERY ____/____/____ LAST MENSTRUAL PERIOD ____/____/____ OBSTETRICIAN (YOUR DOCTOR) _____ PEDIATRICIAN (BABY'S DOCTOR) _____ HOW MANY CHILDREN DO YOU HAVE? _____ HOW MANY WERE BORN AT KMCWC? _____ HAVE YOU (OR THAT PATIENT) BEEN HOSPITALIZED WITHIN THE LAST YEAR? IF SO WHAT HOSPITAL _____ CITY, STATE _____
PLEASE PRINT FULL LEGAL NAME		PREVIOUS OR MAIDEN NAME
LAST NAME		FIRST
MIDDLE		STATE OR COUNTRY
PATIENT'S MAILING ADDRESS		ZIP CODE
CITY		HOME PHONE
SOCIAL SECURITY NO.	RACE	SEX
MAR. STATUS	BIRTHDATE	RELIGION
BIRTHPLACE		
PATIENT'S OCCUPATION & EMPLOYER		BUSINESS PHONE/EXTENSION
PATIENT'S EMPLOYER'S ADDRESS		CITY
STATE OR COUNTRY		ZIP CODE
IS THIS HOSPITALIZATION THE RESULT OF AN ACCIDENT? <input type="checkbox"/> YES <input type="checkbox"/> NO		
IF YES IS THIS <input type="checkbox"/> AUTO RELATED <input type="checkbox"/> WORK RELATED ACCIDENT		
DATE & TIME OF		
GUARANTOR'S LAST NAME	FIRST	M.I.
SOCIAL SECURITY NO.	RELATION TO PATIENT	SEX
GUARANTOR'S MAILING ADDRESS		CITY
STATE OR COUNTRY		ZIP CODE
HOME PHONE		
GUARANTOR'S OCCUPATION & EMPLOYER		BUSINESS PHONE/EXTENSION
GUARANTOR'S EMPLOYER'S ADDRESS		CITY
STATE OR COUNTRY		ZIP CODE
IN CASE OF EMERGENCY, NOTIFY: (LOCAL-ON ISLAND & NON-LOCAL-OFF ISLAND)		
LOCAL LAST NAME	FIRST	M.I.
RELATION TO PATIENT	BUSINESS PHONE/EXTENSION	
EMERGENCY CONTACTS HOME ADDRESS	HOME PHONE	CITY
STATE OR COUNTRY	ZIP CODE	
NON-LOCAL LAST NAME	FIRST	M.I.
RELATION TO PATIENT	BUSINESS PHONE/EXTENSION	
EMERGENCY CONTACTS HOME ADDRESS	HOME PHONE	CITY
STATE OR COUNTRY	ZIP CODE	
PRIMARY INSURANCE-NAME		POLICY NO.
GROUP		
COVERAGE	EFF. DATE	POLICY IN NAME OF (LAST NAME, FIRST NAME, M.I.)
SECONDARY INSURANCE-NAME		POLICY NO.
GROUP		
COVERAGE	EFF. DATE	POLICY IN NAME OF (LAST NAME, FIRST NAME, M.I.)
MEDICAID/DSSH RECIPIENT NUMBER		EFF. DATE
		EXP. DATE

- IF APPLICABLE, ATTACH OR BRING IN:
- MEDICAID COUPON AND PRIOR AUTHORIZATION
 - CHAMPUS NON-AVAILABILITY FORM (DD-1251)
 - INSURANCE IDENTIFICATION CARD & CLAIM FORM
 - AUTHORIZED PRECERTIFICATION FORM
 - SECOND SURGICAL OPINION INFORMATION

ASSIGNMENT OF INSURANCE BENEFITS

I AUTHORIZE MY INSURANCE CARRIER(S) TO PAY DIRECTLY TO KAPI'OLANI MEDICAL CENTER FOR WOMEN AND CHILDREN (KMCWC) ANY BENEFITS TO WHICH I MAY BE ENTITLED, I UNDERSTAND AND AGREE TO BE FINANCIALLY RESPONSIBLE TO KMCWC FOR CHARGES NOT COVERED BY MY HOSPITALIZATION INSURANCE.

DATE _____ SIGNATURE OF GUARANTOR _____

PRE-REGISTRATION



We extend you a warm welcome and would like you to know that your well-being is our foremost concern. Each member of our qualified staff will do all we can to make your stay a comfortable and pleasant one.

Please complete and return the Pre-Registration Form on the preceding page well in advance of your admission date. It will help make the admission process much easier when you are being admitted.

IMPORTANT INSTRUCTIONS TO PATIENTS

PRE-REGISTRATION

Pre-registration information is used to establish or update your hospital record. To avoid unnecessary delays upon admission, mail or deliver the Pre-Registration Form well in advance of your scheduled or expected date of admission. If you need assistance to complete the form or you wish to pre-register by phone, please feel free to call our Patient Registration–Admitting Department at 983-8260. **You may also pre-register online by going to Kapiolani.org.**

ADMISSION

Upon admission to the hospital, do not bring valuables such as jewelry, credit cards or large sums of money unless it will be applied towards your account. You may choose to bring enough cash for small purchases during your stay.

CONSENT FOR TREATMENT AND CARE

You may come in to sign admission consent forms prior to your expected date of delivery. Minors must have parents or legal guardians present to sign consents for treatment and care.

ADVANCE DIRECTIVES

If you are an adult, 18 years or older, Federal law requires us to ask if you have any Advance Directives such as a living will or a durable power of attorney for health care. If you do have one, please bring a copy for our medical records. If you have questions regarding Advance Directives, please see your doctor or call Social Services at 983-8268, Monday through Friday.

INSURANCE PROCESSING

Please attach your signed insurance claim forms and/or xeroxed copies of your benefit information. Benefits not assigned to the hospital will require payment in full at the time of service. If you have any questions regarding insurance coverage of your estimated share, please call our Financial Counselors at 983-8538, 983-8539 or 983-8540 for assistance.

TERMS OF ADMISSION

All bills are due and payable in full on discharge. Patients with or without insurance coverage are required to make a deposit prior to admission. Financial arrangements may be done through our Financial Counselors by calling 983-8538, 983-8539 or 983-8540, Monday through Friday, 7:30 a.m. to 4 p.m. Saturday and Sunday, 8 a.m. to 3 p.m. Please make these arrangements as soon as possible. MasterCard, Visa and American Express are accepted.

SPECIAL INSTRUCTIONS FOR RETURN

Separate and return the Pre-Registration Form by folding and enclose in the attached envelope which is provided for your convenience.

Creating a *healthier* Hawai'i



1319 Punahou Street | Honolulu, Hawai'i 96826
808-983-6000 | Kapiolani.org