



MĀLAMA I KE OLA HEALTH CENTER

When should you make an appointment with your doctor? How 'urgent' is urgent care? Is it time to go to the emergency room?

Using this information as a guide can help you assess the condition or symptoms you are facing in order to select the appropriate place for care.

Primary Care

Your primary care provider should be your first choice for care for acute and chronic illnesses because he or she is familiar with your medical history.

Emergency Room

A visit to the emergency room is warranted only for potentially life-threatening illnesses and injuries.

Urgent Care

Outside of regular office hours or extended hours, the same acute, non-life-threatening illnesses or injuries that you may normally go to your primary care provider for can also be treated at an urgent care facility. An urgent care facility can give you immediate medical attention for common illnesses usually without an appointment or long wait.

Primary Care, Urgent Care or Emergency Room? OB and GYN

SCHEDULE AN APPOINTMENT

If you have a non-emergency medical question about your pregnancy or about your child, scheduling questions, general questions about the OB/GYN services or non-urgent gynecological concerns call:

Mālama I Ke Ola Health Center
Obstetrics and Gynecology at:
808-872-4009

URGENT CARE FOR GYNECOLOGICAL ISSUES

A gynecological issue can often feel like an urgent medical crisis that requires a same-day appointment with your usual OB-GYN. You can go to an urgent care facility if you are experiencing:

- Urinary tract infections (UTI)
- Vaginal infections, such as yeast infections
- Unusual discharge, especially if it's discolored, thickened, or smells unusual
- Vaginal itchiness
- Abdominal pain

EMERGENCY DURING/AFTER-HOURS - OB AND GYN ISSUES

If you are experiencing any of the following:

- Leaking fluid
- Bleeding
- Abdominal pain lasting more than 1 hr.
- Severe pain anywhere in the body that does not go away
- Baby not moving or moving much less
- Regular contractions (before 37 weeks, 4 or more per hour)
- Mental health emergency

Do NOT wait for your next scheduled appointment:

Immediately call Mālama I Ke Ola Health Center
Obstetrics and Gynecology department and speak directly with a staff
member during operating hours of 8:00 am to 5:00 pm

808-872-4009

If you are calling after hours, please call the main line at
808-871-7772

Follow the prompts and you will be led to the Provider that is on-call

If you are unable to reach a Provider on call after hours, call Labor
and Delivery at:

808-242-2436