



## Home Birth Placenta Encapsulation Checklist

Business phone number: 260-460-7686

Text messages are always welcome.

### Before the Birth

- At your next visit, tell your midwife that you plan to keep your placenta. If she has a release form, review and sign it.
- Buy a disposable cooler or set aside one of yours that you don't mind putting a placenta in. Make sure your last name is on it. Recommended: <http://amzn.com/B003LIQJWW> (sometimes you can find these for cheap at Dollar Tree or Walmart)
- Get **TWO** gallon size ziploc bags and write your last name on them. Put them inside the cooler.
- Put the cooler with the ziploc bags inside with your birth kit.
- If you are writing a hospital transfer birth plan: make sure the placenta is included. You do not need to say that you are consuming the placenta, just that you will be taking the placenta home immediately after the birth.
- Text message me when you go into labor so that I have a heads up: (260) 460-7686.

### After the Birth - Home Birth

- The midwife will examine the placenta and then you can ask her to put it in one of your ziploc bags. Have her double bag it.
- Put the bagged placenta inside your cooler and place it in the fridge sometime within the first 4 hours of birth. **Do not freeze it!**
- Text message me that the placenta is ready. No rush, just sometime in the first few hours after birth. Exact pick up times are decided based on my current schedule but usually happens within a few hours.

### After the Birth - Hospital Transfer

- When you arrive at the hospital, tell your nurse that you are planning to take the placenta home immediately. You do not need to tell them why. Ask to sign their placenta release form.
- The doctor or midwife will examine the placenta and then put it in some type of container.
- Put this container inside your ziploc bag if it fits. Put the container in your cooler. Ask your nurse for a bag of ice to put in the cooler with the placenta. You can use your extra ziploc bags for the ice.
- Keep the cooler tucked away in your room until I can get there. Refresh the ice as needed.
- Text message or call me that the placenta is ready. No rush, just sometime in the first few hours after birth: (260) 460-7686. Exact pick up times are decided based on my



current schedule. The placenta can safely be held in your cooler for up to 24 hours as long as the ice is refreshed.

- Do not, under any circumstances, allow the placenta to leave your hospital room in a nurse's or doctor's possession. I cannot encapsulate a placenta that is examined in pathology.
- If releasing the placenta becomes an issue, ask to speak to the charge nurse and request she bring you the placenta release form to sign. Be kind but firm. This is your placenta. Nobody can take it without your permission.