



## Having the Placenta Prepared in Your Home

Business phone number: 260-460-7686

Text messages are always welcome.

### Labor & Birth

- Early labor project: tidy the kitchen so it's ready for placenta preparation.
- If you give birth in a hospital, you will keep the placenta with you and transport it to your home at the earliest convenience. You will need to refresh the cooler with new ice until you leave. The placenta must be kept cold at all times or it may be at risk for spoilage.
- Hospital & birth center births: bring the placenta home from the birth place with you.
- Text message or call when you are ready to have me come over and begin the preparation process. I'm typically available between 10am and 8pm.
- Remember, **your kitchen must be clean before I arrive**: counters cleared, sink empty, anything you don't want near your blood put away.

### During the Preparation

- I bring all my own equipment and cleaning products. All you need to provide is a clean kitchen, trash can and a placenta!
- The first visit: I examine the placenta, prepare it and put it in the dehydrator.
- I sanitize your kitchen surfaces before I leave, bleach is my default disinfectant unless you provide something else. Since this is your blood and your kitchen, it's up to you what level of surface sanitation you want. My reusable kit will be sanitized to my standards.
- The second visit: after 12-24 hours of dehydrating (depending on method) I return to pulverize and encapsulate the powder.
- I sanitize your kitchen again before I leave. I bring my reusable supplies home with me to be sanitized in a special soaking sink.

### Some Other Notes

- The new mother must be present in the home the entire time I'm working. It's okay if she is sleeping or resting.
- The smell of the steaming and drying placenta is unique. Most would describe it as potent, mineral, metallic or gamey. I'm very accustomed to it but sometimes it's a surprise to others. So if there is a place to put the dehydrator that has a vent (like a laundry room or a large bathroom) that may minimize the smell.
- If you have pets: mammals are usually attracted to placenta so please secure your pets while I am working. I will need to put the dehydrator in an enclosed area where they can't reach it.
- I will be as unobtrusive as possible but if anyone wants to observe the process, you are more than welcome to. I'm happy to answer questions and describe the process if you are interested.