



Hospital Placenta Encapsulation Checklist

Business phone number: 260-460-7686

Text messages are always welcome.

Before the Birth

- At your next visit, tell your doctor/midwife that you plan to take your placenta home immediately after the birth. You do not need to tell them why. If they have a placenta 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/B003LIQJVV> (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 and a check for the fee taped to the outside with your hospital bags.
- If you are writing a birth plan: make sure the placenta is included.
- Text message me when you go into labor so that I have a heads up: (260) 460-7686.

After the Birth

- 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 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. 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.