



# Birth Matters NW

## Placenta Encapsulation checklist

### *Prepare Ahead of Time*

- At your next visit, tell your doctor or 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. Ask them to put it in your chart.
- 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/Boo3LIQJVW> (sometimes you can find these for cheap at Dollar Tree or Walmart)
- Put TWO 1-gallon size ziploc bags inside the cooler. Put the cooler with your 'go' bags or with your birth kit. These will either hold ice or the placenta in the cooler
- If you are writing a birth plan: make sure the placenta is included. You don't need to say that you are consuming the placenta, just that you will be keeping it after the birth.

### *Day of the Birth*

- When you arrive at your birthing location (if not home), tell your nurse or midwife that you are planning to take the placenta home. You do not need to tell them why.
  - The doctor or midwife will examine the placenta and then put it in some type of container. Put this container in your cooler. Ask your nurse for a bag of ice to put in the cooler with the placenta. You can use your Ziploc bags for the ice. Keep the cooler in your room until one of us gets there. Refresh the ice as needed.
  - If delivering at home, the placenta needs only to be double bagged in a plastic Ziploc bag and placed in the refrigerator. The placenta does NOT need to be frozen.
- OR**

### *Make Contact"*

- Text message us that the placenta is ready. No rush, just sometime in the first few hours after birth. ***If it is before 8pm I will usually pick up the placenta the same day. If it is after 8pm I will pick it up the next day.*** If you are told the placenta must be removed from the room with a set time frame and it is after 8pm, you can place the cooler with fresh ice in your vehicle until pickup.
- Exact pick up times vary based on our 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. We cannot encapsulate a placenta that is examined in pathology. If you are told the placenta must go to pathology, ask to speak to the charge nurse. Be kind but firm. This is your placenta. Nobody can take it without your permission. Ask if the placenta needs to be tested or if this is due to "policy" or "routine". If it is "policy" ask for a waiver. If the placenta needs to be tested, ask for a lab tech to come to your room to obtain their sample.

Shared business phone number: 425-835-3872 (text messages welcome) | Personal phone 360-265-2180

NOTE: I respond to messages during daytime hours. If you give birth in the night, feel free to text me and I will respond in the morning. Please do not call during nighttime hours (10p-6a).