



Placenta Encapsulation FAQs

This PDF was created for expecting parents who are interested in the placenta encapsulation process. This PDF is not meant to serve as medical advice. Parents must consult with a professional prior to encapsulating their placenta.

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Placenta Encapsulation FAQs

QUESTION

What is placenta encapsulation?

ANSWER

Placenta encapsulation is where a placenta goes through the process of steaming, dehydration, grinding and put into capsule form for a mother to ingest.





Placenta Encapsulation FAQs

QUESTION

What benefits are there to encapsulating my placenta?

ANSWER

Here are some of the benefits to encapsulating your placenta:

- Boost in energy
- May help reduce postpartum bleeding
- Can help increase breastmilk supply
- Help reduce Postpartum Depression & Anxiety





Placenta Encapsulation FAQs

QUESTION

Is there a reason why I shouldn't encapsulate my placenta?

ANSWER

There may be some contraindications that can prevent you from encapsulating your placenta:

- Uterine infection
- Nicotine use & drug use during pregnancy
- Had placenta abnormalities
- Blood-borne & active infections
- Had the epidural & pitocin
- Improper care/handling of placenta





Placenta Encapsulation FAQs

QUESTION

What questions should I ask a provider who can process my placenta?

ANSWER

Here are some questions you can ask:

- What training and/or certification have you received?
- Are you able to pick up my placenta following birth?
- When and how will I receive my placenta?
- How many placentas have you processed?
- Who has access to your workspace?





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QUESTION

What questions should I ask a provider who can process my placenta?
(continued)

ANSWER

- What method will you be using to encapsulate my placenta?
- In the event I cannot encapsulate my placenta what do you recommend I do?
- Are you able to provide any keepsakes from my placenta?
- Have you received training on blood-borne pathogens?





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QUESTION

How do I take my placenta home?

ANSWER

Some parents can inform their birth team that they wish to keep their placenta and take it home. Sometimes having a birth plan state that you wish to take your placenta home is helpful. Parents should take a cooler and prepare to place the placenta on ice. Parents should ask their placenta encapsulator for further instructions on storage, pick up and delivery.





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QUESTION

What options do I have if I cannot consume my placenta?

ANSWER

-If there are any contraindications that arise during and even after birth, you can still take your placenta home. You can ask a provider to do the following:

- Placenta Art Keepsake
- Umbilical Cord Keepsake
- Placenta Burial with Herbs





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QUESTION

Are there any last thoughts about finding a Placenta Encapsulation Specialist?

ANSWER

Yes! It is important to meet with the Placenta Encapsulation Specialist prior to giving birth. This allows you to work closely with the provider who can tell you their do's and don'ts when it comes to placentas. This also gives you a general idea how much you will need to pay. Furthermore, you will be prepared the day you go into labor of how to store your placenta safely.





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Do You Need More Guidance or Questions Answered?

Not to worry, we are here to help. We can book a one-on-one consultation for any concerns or questions you may have. While you may not be able to book a placenta encapsulation processing appointment with us due to location (The San Francisco Bay Area), we can meet via Zoom to and answer any questions.

Consultation based on an hourly fee
(\$30)

