



# Intake Form

## GENERAL INFORMATION

Client's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Status: \_\_ Single \_\_ Married \_\_ Divorced \_\_ Other Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Partner's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_/\_\_\_\_/\_\_\_\_

## HEALTHCARE PROVIDER INFORMATION

Name: \_\_\_\_\_

Provider Type: \_\_ Midwife \_\_ Doctor \_\_ Other Phone Number: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

The location where you plan to deliver? \_\_ Home \_\_ Hospital \_\_ Birth Center \_\_ Other

The delivery location's and backup location's names and addresses (if you plan to deliver at birth center or home): \_\_\_\_\_  
\_\_\_\_\_

Place of Preparation:  In my home  In specialist's workspace



# Intake Form

## GENERAL HEALTH INFORMATION

Any known allergies (If yes, please list): \_\_\_\_\_

Have you had any recent illnesses, surgeries, injuries, accidents, or trauma? (if yes, please describe): \_\_\_\_\_

Do you actively use any prescription or over-the-counter drugs, herbal products, dietary supplements, or over-the-counter vitamins? If yes, please list what you take and what it's for: \_\_\_\_\_

Do you currently have, or do you have a history of, any of the following medical conditions? (check all that apply):

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Migraine headaches          | <input type="checkbox"/> HIV                     |
| <input type="checkbox"/> Low blood pressure  | <input type="checkbox"/> Menstrual problems          | <input type="checkbox"/> Herpes                  |
| <input type="checkbox"/> Type 1 Diabetes     | <input type="checkbox"/> Uterine fibroids            | <input type="checkbox"/> HPV / Genital warts     |
| <input type="checkbox"/> Type 2 Diabetes     | <input type="checkbox"/> Scoliosis                   | <input type="checkbox"/> Abnormal blood clotting |
| <input type="checkbox"/> Asthma              | <input type="checkbox"/> Seizure disorder / epilepsy | <input type="checkbox"/> Carpal tunnel syndrome  |
| <input type="checkbox"/> Anemia              | <input type="checkbox"/> Cancer                      | <input type="checkbox"/> None of the above       |

Do you currently have, or do you have a history of any of the following psychological conditions? (check all that apply):

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Anxiety                        | <input type="checkbox"/> Dissociative disorder         | <input type="checkbox"/> Bulimia            |
| <input type="checkbox"/> Depression                     | <input type="checkbox"/> Personality disorder          | <input type="checkbox"/> Binge Eating       |
| <input type="checkbox"/> Bipolar disorder               | <input type="checkbox"/> Obsessive-Compulsive Disorder | <input type="checkbox"/> Addictive behavior |
| <input type="checkbox"/> Schizophrenia                  | <input type="checkbox"/> Phobia(s)                     | <input type="checkbox"/> Chronic insomnia   |
| <input type="checkbox"/> Post-Traumatic Stress Disorder | <input type="checkbox"/> Anorexia                      | <input type="checkbox"/> None of the above  |

Other medical/psychological condition not listed above: \_\_\_\_\_

Do you currently see a therapist or a counselor?: \_\_\_\_\_

Explain anything else you would like me to know about your health condition: \_\_\_\_\_

\_\_\_\_\_



# Intake Form

## CURRENT PREGNANCY INFORMATION

Baby's Due Date: \_\_\_\_\_ Are you expecting multiples? \_\_\_\_\_

Gender of the Baby (check the applicable answer):

\_\_\_ Girl \_\_\_ Boy \_\_\_ One of Each(twins) \_\_\_ Don't know yet \_\_\_ It will be a surprise!

Have you had any of the following pregnancy-related health conditions in your current pregnancy? (check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Rh incompatibility  | <input type="checkbox"/> Macrosomia (large baby) |
| <input type="checkbox"/> Hyperemesis Gravidarum (excessive vomiting)                     | <input type="checkbox"/> Polyhydramnios          |
| <input type="checkbox"/> Gestational Hypertension (high blood pressure during pregnancy) | <input type="checkbox"/> Oligohydramnios         |
| <input type="checkbox"/> Pre-Eclampsia   | <input type="checkbox"/> Group B Strep           |
| <input type="checkbox"/> Preterm Labor   | <input type="checkbox"/> Gestational Diabetes    |
| <input type="checkbox"/> Intrauterine Growth Restriction (IUGR)                          | <input type="checkbox"/> Placenta Previa         |
| <input type="checkbox"/> Low Birth Weight  | <input type="checkbox"/> Vena Cava Compression   |
|  | <input type="checkbox"/> Genetic Disorder        |
|  | <input type="checkbox"/> None of the above       |

## DETAILS

Which method would you like to use for encapsulation?

Traditional Chinese Medicine  Raw Method

Do you want to try the placenta tincture? (The Tincture is a hormone-infused alcohol with a long shelf life. Great for menopause, postpartum periods, and when you run out of placenta tablets.  Yes, please  No, thank you

How would you like your tincture prepared?  With Alcohol  With Apple Cider Vinegar

Keepsake Placenta Print?  Yes, please  No, thank you

What type of capsule?  Clear Vegetarian Capsule (no additional fee)

Flavored gelatin capsule (opaque and can help with the aftertaste, flavor depends on supplier stock)



# Service Agreement

## PLACENTA ENCAPSULATION SERVICES

### **What is Placenta Encapsulation:**

Placenta encapsulation is the process of dehydrating, powdering, and putting the mother's placenta into ingestible capsules after the baby is born. Every procedure is carried out in a clean environment and with care for the placenta. Peaceful Passages Birthing Support Center complies with stringent OSHA regulations and upholds appropriate food safety standards. The goal of ingesting the placenta is to reintroduce healthy hormones, proteins, and other nutrients to her body after giving birth in order to aid in the recovery of physical and emotional balance, decrease the risk of postpartum depression, prevent or lessen the occurrence of the "baby blues," boost the production of breastmilk, hasten the healing process, boost maternal energy levels, and promote an overall sense of wellness to help with the transition between pregnancy and the early postpartum period.

### **Limitations and Disclaimer :**

We can not diagnose, treat, or prescribe any medical condition because we are not medical care practitioners. The preparation and encapsulation of your placenta are what are covered by the services and costs; the pills are not. Any benefits will differ from person to person and no specific effects or benefits are guaranteed. Research does back up some of the claimed benefits of placenta eating, however, the US government or the Food and Drug Administration have not examined or endorsed these benefits. It is your obligation to decide if using placenta preparations might be advantageous to your postpartum health.

### **Client Responsibility**

Within 24 hours of the delivery, you must inform Peaceful Passages Birthing Support Center so that we may collaborate on making arrangements. Failure to do so could delay placenta preparation and encapsulation and reduce the potency of the placenta's hormones, nutrients, and other beneficial properties. It's possible for the placenta to spoil if it's not stored properly. It is your obligation to arrange for the release of your placenta from the hospital where you will give birth and to make sure that it is stored properly in a cooler or refrigerator with ice.



# Service Agreement

## **Placenta Transport Preparation:**

Please make sure that your placenta is kept fresh whether you give birth at home or in a hospital. After the birth, it can stay at room temperature for 3–4 hours. After that, it should be maintained cool by refrigeration or another method. Ice packs may be wrapped with the placenta if you are performing a delayed cord cut or lotus delivery to stop spoiling. The placenta should be frozen if, for any reason, it will be more than 3 or 4 days before it can be prepared. It will take a little longer to prepare a frozen placenta because we like to gently defrost it first. We make every effort to start processing your placenta within 24 hours following the birth of your baby.

When we receive your papers and fee, we will give you a placenta transport kit, which you can use to prepare your placenta for travel. A cooler bag and freezer-safe Ziploc bags for the placenta will be included in the kit. Additionally, it will include little Ziploc bags for ice. Please place the little bags containing the ice in the cooler bag together with the placenta bags. Ice should be available where you gave delivery, but don't put it directly in the cooler bag because it can leak.

## **Placenta Limitations:**

It's crucial to remember that there may be situations in which your placenta cannot be utilized. Your doctor or midwife may send your placenta to Pathology for additional testing if there are any significant anomalies. Other circumstances, such as the mother exhibiting symptoms of infection during labor, could indicate that ingesting your placenta could be dangerous to your health. In case we are unsure, we will check with you before proceeding. After a C-section, you should be able to claim your placenta. If you have any medical issues that could jeopardize the wellbeing of your placenta or the safety and security of anyone who might come into contact with it, you must let Peaceful Passages Birthing Support Center know.

## **Service Descriptions:**

Peaceful Passages Birthing Support Center pledges to follow the highest standards of hygienic practices, safety precautions, and the quality of expert placenta preparation services. She also agrees to finish the encapsulation procedure within 72 hours after beginning it (normally within 36 to 48 hours). The placenta preparation and encapsulation, a storage container, written handling and storage instructions, and instructions for consuming your capsules are all included in the cost.



# CONTACT

PEACEFUL PASSAGES BIRTHING SUPPORT CENTER

949-688-3967

[INFO@PEACEFULPASSAGESBIRTHINGSUPPORTCENTER.COM](mailto:INFO@PEACEFULPASSAGESBIRTHINGSUPPORTCENTER.COM)

[WWW.PEACEFULPASSAGESBIRTHINGSUPPORTCENTER.COM](http://WWW.PEACEFULPASSAGESBIRTHINGSUPPORTCENTER.COM)



# Placenta Encapsulation

**Placenta encapsulation is the process of preparing the birthing person's placenta after the birth of the baby by slicing, steaming, dehydrating, powdering, and placing it into capsules for the birthing person to use as seen fit**

Possible advantages include:

- Restoration of iron levels in the blood
- Increase in milk production
- Increased energy
- Decrease in postpartum depression levels
- Decreased likelihood of postpartum hemorrhage
- Increased release of the hormone oxytocin, which helps the uterus return to normal size and encourages bonding with the infant

## **Methods of encapsulation**

- *Traditional Encapsulation* - traditional Chinese method where gentle steaming is done to the placenta. The substance is subsequently dehydrated, crushed into a powder, and put into capsules.
- *Raw Encapsulation* - From its unprocessed state, the placenta is dehydrated, mashed into a powder, and then placed in capsules. Although some who consume raw foods may prefer this approach, there is no evidence to suggest that it is more nutrient-dense than the conventional approach.

## **Other Products**

- *Tinctures* - a tiny portion of your placenta is put in a bottle with grain alcohol for 6 week steeping period. After that, it can be kept for a very long time and used throughout stressful or transitional situations. Wonderful for menstruation and menopause.
- *Placenta Prints* - Your placenta is used to create a print that depicts the "tree of life" shortly after birth. The paper is then stamped with your baby's name, weight, and birth date, and it can be framed.
- *Keepsakes* - Depending on its length, your baby's umbilical cord might become dehydrated in a variety of ways. Some individuals decide to put it on display in a shadow box. The cord can be included in your capsules if a cord souvenir is not desired.



## **Frequently Asked Questions**

- **How is the placenta handled and stored before being encapsulated?** - *At a mutually agreeable time, I will collect your placenta and prepare your tablets within 48 to 72 hours. Your placenta will be packaged for shipment by being placed in a few sizable, freezer-safe Ziploc bags before being placed in a cooler with ice packs. Most hospitals will provide you with a bag or container. Please remember to state on your birth plan that you want to keep your placenta if you give birth anywhere other than your home. The placenta must be handled and preserved in a manner similar to how raw meat from the deli would be, i.e., below the "Danger Zone" of 40°F. I keep the placenta in a refrigerator after I get it home in a double-sealed bag while I clean the tools, and then I start to work!*
- **Is it dangerous to eat my placenta? Any negative effects?** - *Many women say they feel better after eating their placenta, but some say they feel worse. Headaches, nausea, vertigo, nervousness, and stomach discomfort are among the most often reported side effects. Bloodborne pathogens can cross-contaminate, which is the biggest risk involved. For this reason, I adhere to highly stringent sanitization and safety regulations. It's possible that eating the placenta carries unidentified hazards. Additionally, it's conceivable to swallow your placenta and not notice a difference.*
- **If I had a c-section, an epidural, or Pitocin during labor, can I still have my placenta encapsulated?** - *Yes, your placenta capsules are not significantly affected by these procedures. Pitocin and epidural anesthetic both degrade quite quickly once they reach the placenta. Make sure your birth plan states clearly that the placenta will be stored and that it must be chilled as soon as possible after delivery. You must watch out for the right handling of your placenta, especially after a c-section.*

- **Is it safe to have my placenta encapsulated if I tested positive for Group B Strep (GBS)?** - Yes. A common bacterium called group B strep usually does not endanger the mother's health. During the steaming procedure, all bacteria in the placenta are destroyed. Group B strep occasionally causes uterine infection. Group B strep is not prohibited in the manufacture of placenta remedies, however, your placenta would not be considered helpful in healing if you experienced a uterine infection or fever during labor and would likely be sent to the pathology lab for testing.
- **Will the Hospital release my placenta?** - When it comes to releasing the placenta, most hospitals are pretty accommodating. However, you must let them know before giving birth if you choose to keep your placenta. The easiest way to do this is to have a birth plan. You will be required to sign a release form or waiver following delivery. You can ask the staff to double bag the placenta in Ziploc bags you brought from home and put it in the hospital refrigerator after it has been examined and proven to be healthy. It is acceptable to store the placenta in the hospital's recommended container if they won't bag it. If you have one of the illnesses listed below, the hospital will not release your placenta: HIV, Gonorrhea, Syphilis, Chlamydia, Hep B, or C.
- **What if the doctor wants to take my placenta to pathology?** - If the placenta needs to be transported to pathology, ask if a tiny piece can be removed for examination rather than the entire placenta. You won't be able to get your placenta encapsulated if they insist on taking the entire placenta.
- **If my baby was premature, can I still get my placenta encapsulated?** - Unless the doctor decides to send your entire placenta to pathology, the answer is yes. Premie mothers require all the assistance they can receive in bringing in their milk, recovering rapidly, and regulating their postpartum mood. You can frequently agree to have just a portion of the placenta transferred to pathology so you can encapsulate the rest if your doctor wants to culture the placenta.
- **I have a placenta stored in my freezer from a previous birth. Is it safe to have it encapsulated?** - That depends on a number of things: Was the placenta correctly frozen? You can have it encapsulated up to a year after giving birth if it was frozen properly (within 48 hours of delivery, no symptoms of frostbite, and not thawed and re-frozen).
- **How many capsules should I be taking?** - You should adjust your dosage according to how you are feeling each day. The following are the fundamental rules. Days 1 through 7 take 3 capsules in the morning. Take 2 capsules in the morning for a period of 3 weeks. Then take one capsule in the morning until you run out or feel you no longer require them. Any remaining capsules can be saved for menopause, PMS, depression, reduced milk production, and mood swings. However, you should adjust your dosage if you feel that two capsules are inadequate or if three capsules are too many for you.
- **How should placenta capsules be stored?** - Your capsules should be kept in the freezer in an airtight container. Keep your capsules cool and dry if you move so you may put them back in the freezer as soon as you can. If properly stored, your capsules will last a very long time.
- **On average, how many capsules can I expect to receive?** - That depends on the placenta's size. About 90 to 100 capsules can be produced from a tiny placenta. Up to 175 or even more can be produced by an extremely big placenta. You can anticipate receiving 125 to 150 capsules on average. Large newborns typically have large placentas, whilst little babies typically have small placentas.
- **How do I dose and store the tincture?** - Tincture must sit in a cool, dark location at room temperature for at least 6 weeks before consumption. The recommended dosing is about 5-10 drops in a small cup of water (4-8oz) as needed. There is no expiration date and the tincture is good for years. You should always check for mold before consuming it after a longer period of time.

