



Placenta Encapsulation Quick Reference Sheet

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While preparing for a baby there is already so much on your mind, and the to-do lists can seem overwhelming!

In an effort to make this process as simple as possible during this special time, here is a quick reference list of steps to take along the way for your encapsulation.

- Fill out your client contract and placenta preference sheet and return it at your earliest convenience.
- Talk to your provider during one of your prenatal appointments to let them know you would like to keep your placenta following your birth. (Expect to have to tell the team attending your birth this also. You may have to sign a release form.)
- While this is not necessary, consider sending me a text when you go into labor. This helps me prepare for receiving your placenta more quickly.
- After your baby is born contact me by phone or text as soon as possible. Ideally within a couple hours of birth, but if your baby is born late at night, it can wait until morning.
 - We will coordinate when would be ideal for me to pick up your placenta at this time.
 - Please let me know at this time, or at time of pickup, if you experienced any of the following as they may change plans for encapsulation:
 - Meconium in the fluid
 - Infection
 - Delivery before antibiotics if you are GBS positive
 - Any other concerns about your placenta that you think may effect encapsulation
- Place your placenta in a zip-lock bag, or other water-tight container.
- Your placenta should be refrigerated or put in a cooler within 3-4 hours of birth. (Some locations will have refrigerators you can use, or you may need to bring your own cooler. I can provide supplies for you if you need them.)
- I will be by shortly to pick up your placenta.
- I will contact you as soon as I am finished with the encapsulation process, and to arrange delivery!