



Placenta Encapsulation Contract

This Placenta Encapsulation Contract is made and entered into by and between Service Provider: Kristen Dodds of Red River Valley Birthwork, hereinafter referred to as the “Provider,” and Client: _____, hereinafter referred to as the “Client.”

Client Information:

Client’s full name: _____

Client’s estimated due date: _____

Client’s phone number: _____

Client’s birthing location: _____

Client’s birth team includes: _____

Client’s emergency contact: _____

Client Responsibilities:

- To read this contract thoroughly, then sign and return it
- To notify Provider IMMEDIATELY of any exposure to blood-borne illness (Hepatitis B or C, HIV, etc.), any allergies, special needs, or concerns
- To alert Provider via text (701-200-9744) when labor begins, and after the placenta is birthed
- To ensure the safe retention of the placenta post-birth (client must inform all members of their birth team of the plan to keep the placenta and sign any necessary waivers)
- To ensure the immediate and proper storage of the placenta post-birth (on ice in a cooler, or in a fridge or freezer ASAP; client must arrange for storage)
- To pay Placenta Encapsulation fees in full, prior to receiving placenta pills

General Placenta Encapsulation Information:

Placenta encapsulation involves steaming, dehydrating, and grinding a placenta into powder, then encapsulating the powder into consumable capsules. All procedures are conducted with the utmost respect for the placenta and in a sanitary environment. Provider adheres to strict OSHA guidelines and follows proper food safety standards. The capsules prepared from the placenta are intended solely for the consumption of the placenta owner and are not designed to reverse medical conditions or ailments from pregnancy, treat postpartum depression, ensure a normal milk supply, or replace medical care.

Every woman may experience different effects from using placenta capsules. While the purported benefits of placenta consumption are supported by ongoing research, these benefits have not been evaluated or approved by the Food and Drug Administration. It is your responsibility to determine whether placenta capsules can be beneficial to your postpartum wellbeing.

Provider is not a licensed medical professional such as a healthcare provider or physician, and thus cannot diagnose, treat, or prescribe for any health condition.

FAQs:

- **Why placenta encapsulation?** Your placenta is a nutrient-dense organ, and research shows potential postpartum benefits of placenta consumption.
- **How does this work?** First, read and sign the contract, and provide your deposit. Then, you or someone from your birth team will contact Kristen via text when labor begins, and again when the placenta is birthed. The placenta must be kept cold (on ice in a cooler, or in a fridge or freezer) immediately after birth. Kristen will receive the placenta and prepare it using the Traditional Chinese Medicine method.
- **What is Traditional Chinese Method?** This method includes steaming the placenta using water infused with **lemon, ginger, and cayenne pepper**. The purpose is not for flavor, but to add heat back into the body after the depletion of birth. Alert Kristen IMMEDIATELY if you are **allergic or sensitive** to these ingredients.
- **How do I keep my placenta after birth?** You are responsible for ensuring safekeeping of your placenta. You must consult with your doctor, midwife, nurses, doulas, and any other birth participants to inform them that you will be keeping your placenta. If birthing in a hospital setting, each new nurse should be informed of your wishes. Failure to properly inform your birth team may result in your

placenta being disposed after birth. Your placenta must be stored on ice after birth until Kristen receives it.

- **How should I keep my placenta cold?** You are responsible for keeping your placenta cold until Kristen receives it. Some hospitals offer fridge space to store the placenta, but this varies, so check with your provider. It is a good idea to bring a cooler, ice packs, and Ziplocks, even if you are told you can use the hospital fridge (sometimes fridge space is limited or one nurse will tell you one thing, and another nurse will tell you something different – triple check!).
- **How will Kristen get the placenta?** Kristen is currently only taking clients who can transport the placenta. Someone on your birth team will text Kristen when the placenta is birthed to arrange for drop-off. If there is no other transportation option, Kristen will require a driving fee. Availability for transport is currently limited to weekends.
- **How long does this process take?** Typically, the placenta will be processed within 24-48 hours after birth. In some cases, due to work, travel, or other unavoidable constraints, it may take 3-4 days to receive the capsules after birth. Holidays and severe weather can delay the process, in which case you will be asked to freeze your placenta until it is received.
- **Can I consume my placenta if I am GBS+?** Yes, your placenta can still be consumed if you have GBS, a c-section, or other typical issues. Contraindications include infection, or if the placenta is sent to pathology for testing.
- **How many pills will my placenta make?** This depends on the size of your placenta. The placenta shrinks significantly during steaming and drying. The placenta can produce anywhere between 100-250 pills.
- **How do I take my placenta pills?** To consume your capsules, you will take 2 pills, 3x per day. Continue this for the first 2 weeks, then reduce to 1-2 pills per day, or as needed.
- **When should I NOT take my placenta pills?** Do NOT consume your placenta pills if you have a fever, infection, mastitis, or other illness.
- **How do I store my placenta pills?** Your pills will be returned in a glass jar. Keep this jar in your fridge or freezer for safe consumption.

- **How much does placenta encapsulation cost?** The price for placenta encapsulation is \$275. A non-refundable deposit of \$75 is needed to hold your spot. The remaining \$200 must be paid before the receipt of placenta capsules.

I (client) acknowledge and agree that Provider (Kristen Dodds of Red River Valley Birthwork) shall not be legally held responsible for any adverse effects or outcomes arising from the use of placenta capsules. I agree to release and hold Provider harmless from any and all claims, causes of action, damages or liabilities arising out of or resulting from the encapsulation process or consumption of placenta pills.

I verify that I have read and understood this contract in full. I verify that I will pay the necessary deposit to secure my spot, and I will pay the remaining balance in full before receiving my placenta capsules. I verify that I will alert Provider of any allergies or contraindications listed above.

Date _____

Signature _____