

## Placenta Care and Handling for Encapsulation

If you are comfortable with doing so, please talk with your healthcare provider/hospital about taking your placenta home. You can either tell them about encapsulation or just tell them you would like to take it home for personal or sacred reasons. (The term sacred usually prevents many questions if you are not comfortable going into details with the provider.)

If you have any issues with the provider after discussing it with them, please let me know ASAP and I will be able to offer suggestions and assist with policies surrounding placenta release. It is legal and your right to take your placenta.

I can provide a hospital liability waiver if needed. Many hospitals have their own waiver for you to sign.

Please call me (847-612-9963) within 12 hours of the birth if possible. I prefer to start the process within 24-40 hours after the birth. If this can not happen for any reason, then please freeze the placenta and call me at your soonest convenience.

When leaving for the hospital, please bring a small cooler a few ice packs (or just use ice from the vending) and a few gallon size zip lock baggies to place the placenta in after the birth. It can also be stored in the container the hospital uses.

It should either be refrigerated or put on ice within 3 hours of the birth.

Many hospitals are familiar with placenta release. The following hospitals are especially supportive and have policies in place:

West Suburban Hospital

Hinsdale Hospital

Prentice Hospital

If your hospital is not familiar with placenta release, it is best for the placenta to be removed from the hospital ASAP. Accidents are more likely to happen if the placenta is taken out of the room and stored elsewhere. It can be placed in a cooler with ice (see directions above) or in the room fridge if one is provided. It should be taken to your home or that of a friend or relative ASAP. The entire cooler can just be placed in a refrigerator.

Should the hospital staff need to remove the placenta from the room for any reason:

1. Make sure it is labeled well with your information.

2. Remind staff that no chemicals should be placed on the placenta. If hospital staff "need

to do

any testing, a small piece can be removed and testing can be done. Please contact me to discuss

any testing prior to it.

3. Remind staff the placenta needs to be refrigerated or frozen depending on how long it needs to

be stored.

4. The placenta can not be "sterilized

in any manner including chemicals or placing it in an autoclave.

If you have any questions or difficulties with getting your placenta released, please call me right away

and I will assist you with the release to the best of my ability.

