PRINT FOR REFERENCE

Pre- Encapsulation **Safe Handling** Guide for Placentas

SPOILAGE PREVENTION:

- If your hospital does not provide a container, pack a small cooler or lunchbox and zip top freezer bag in your birth bag (hospital/birth center births)
- Inform your Doctor/Midwife verbally and in writing (birth plan), that you plan to keep your placenta prior to birth.
- Place placenta inside zip top bag in an container/cooler of fresh ice within 4 hours of birth OR place directly into refrigerator (home birth) to prevent spoilage.
- If birth has already occurred or you plan to save your placenta for future encapsulation It must be moved from refrigeration to a FREEZER WITHIN 3 DAYS OF BIRTH. Decomposition occurs at room temp after 4 hours and at cooler temps after 3 days.
- If you choose to delay processing, frozen placentas should be processed within six months for ingestion (capsules/tinctures) and 1 year for topical use (salve)

YOUR RIGHTS & TIPS IN HOSPITALS:

- If your provider wishes to send your placenta to pathology (for lab testing) insist that they take a sample in-room to ensure it does not leave your sight (where it is not at risk of tampering or contamination).
- Refusal of a facility to release your placenta to you upon discharge is considered “trespass to the person” (assault and/or battery) as it is technically a part of your body. You should contest their refusal to release the placenta to YOU. Be prepared to sign paperwork to obtain your placenta in some facilities.
- MOST hospitals have no problem releasing your placenta and many provide containers, just ask at your next prenatal appointment! Your birth partner can help “keep eyes” on the room during and after your birth to ensure your placenta is safe and correctly handled.

COMMON CONTRAINDICATIONS:

- If Lotus Birth, Maternal of Fetal Fever over 100.4 (indicates infection), Placenta sent to Lab for Pathology (contamination), Chorioamniotitis, Chronic Substance Abuse (including “keep-clean” medications), Placenta Previa (the placenta can be in many pieces after surgical delivery), Sickle Cell, Spoilage, Tay Sachs.

262.203.6758 bellysproutsdoula@gmail.com www.bellysproutsdoula.com