

Instructions for Placenta Encapsulation

Be sure your L&D nurse and doctor are aware that you are planning to keep your placenta after delivery for consumption. Please be prepared to sign any release documentation that your hospital may require for your placenta. I recommend completing any paperwork required by your hospital in advance if and whenever possible.

Bring with you to the hospital 2 one gallon size zip lock bags. The placenta should be placed in one bag with as much air removed as possible. The second bag should be labeled {delivery date, time, location, baby's full name} and filled 1/2 with ice. Place the sealed placenta in the bag of ice, then top the bag off with more ice and zip lock it. You are more than welcome to bring a small cooler with you to the hospital for storage as well.

You should have a designated person responsible for your placenta/cord care and communication with the encapsulation specialist. Once you have given birth that person should contact me (Nicolle Fletcher) via text message at 501-499-1043. The text message should include the following information.

Client's Name, Hospital Name or Home address (where placenta is to be picked up), time of birth, type of birth (vaginal with or without medication, c/s), and finally when the placenta was placed on ice.

Example Text: Susan Williams, Baptist Conway, 2:00am, Unmedicated Vaginal, On ice at 3:00am

I will then come to the hospital and pick up your placenta and deliver within 48-72 hours to your home or mail depending on where you live.

Nicolle Fletcher
Placenta Encapsulation Specialist since 2011
www.birthbydesigndoulas.com. 501-499-1043