

Handling Instructions for Placentas and Encapsulation

Before your birth, please be sure to have with supplies/packing the following:

Home Births:

1. Two new, 1L or larger Ziploc bags
2. One non-transparent bag (for discreet containment) with your full name and phone number visibly marked on it.

Hospital Births:

1. A small cooler – roughly six pack size (there will be ice available at the hospital for you to use).

For all births, instructions:

Let your care provider know and include in your birth plan that you want to keep you placenta. You do not have to disclose your reason for keeping it, so it is up to you how you word it.

Before your birth, just as labour is commencing, send us a text or give us a call to give us heads up.

This allows us to rearrange our schedule to be available for you.

During the birth remind your care provider that you will be keeping your placenta and make sure that someone (e.g. partner or doula) is keeping an eye out to make sure the placenta is handled with care and with the same standard as you would with food. This other person should also be aware that sometimes after complications (such as cesarean birth, suspected infections, newborn breathing issues or prematurity) the medical team may want to send your placenta for testing. Make sure that you are clear that you would like to be consulted first before the placenta is taken away. At that point you can get more information and choose whether you feel the testing is more important than the benefits you will gain from ingesting your placenta. It is your choice to make and it will depend on the situation.

I do not recommend ingesting your placenta if there was a suspected uterine infection; meconium in the amniotic fluid is safe, antibiotics, epidurals and other medications are also safe.

After your birth (and once your care provider has examined your placenta), have someone package your placenta in the Ziploc bags or in a bag provided by the hospital.

If birthing at home, Lions Gate Hospital or St. Paul's Hospital, please place your placenta in the fridge as soon as possible.

If birthing at BC Women's Hospital, place your bagged placenta on ice in the cooler you brought with you.

Please set the alarm in your phone for every 4 hours to check on ice and replace as needed.

Please text Michelle between 7am and 10pm to let her know your placenta is ready for pick up. Your placenta is best prepared within a couple of days of the birth, so text Michelle as soon after the birth (but not through the night) as possible, preferably with 3 hours of your birth.

Directions for consumption and storage will be provided when your capsules are delivered.

Contact: Michelle

Phone: 778 883 3429



*Bunky
Bambino*