



Bliss  
BEYOND BIRTH

### **Client Information/Instructions**

"I've submitted the intake form and paid the booking deposit. Now what?"

First of all, congratulations! You're carrying a precious life inside of you. Soon, the same amazing organ that has fostered that life in your womb will also nourish and help you to recover more quickly from pregnancy and birth. Pretty amazing, huh?

Secondly, thank you for trusting me to serve you in this season of your life.

Below, you'll find information and instructions that will get you through the period of time after you give birth until I'm able to collect your placenta and begin preparing it.

### **Contact Information**

Name: Alex Browne

Phone number: (509) 551-3559 (text message preferred)

When to notify me: As soon as possible -- ideally within the first 24 hours postpartum.

Although we may have previously corresponded via email, please send me a text message when notifying me that your placenta is ready to be picked up; it's the quickest and most efficient way to reach me. Please keep in mind that I am work a regular job and am a mother, and the placenta encapsulation process should ideally begin within the first 72 hours following birth. For this reason, I ask that you please contact me at your earliest convenience after your baby is born in order to allow me adequate time to pick up your placenta.

(Disclaimer: My husband and I enjoy making memories with our family as often as we can. On a few occasions each year, those memories consist of travelling out town or even out of state. Sometimes plans get made last minute and we hit the road. However slight, please understand this is a possibility, and respect the importance of our quality time spent as a family. If I am out of town during the time you give birth, I promise to respond to you as quickly and efficiently as possible, help guide you by answering any questions you may have, and get your placenta picked up and started *as soon* as I am back -- I know this is important for your wellness and healing!)

## **Obtaining Possession of Your Placenta Following Birth**

**Home birth** - If you are having a home birth, your midwife or doula will usually double bag your placenta or contain it and ask if you want it refrigerated or frozen. Easy-peasy.

**Hospital birth** - If you're having a hospital birth, be sure to make the staff aware of your wishes to keep your placenta upon admittance. You do not need to specify that you are encapsulating your placenta but at least tell them you intend to bring your placenta home for reasons that require the placenta to remain untainted by chemicals and fixing agents, and therefore you request that it NOT be taken to pathology. Following birth, if your care provider is adamant your placenta requires further testing in the pathology lab, PLEASE request that they take only a small piece and leave the placenta with you. If your placenta is sent to pathology there is no guarantee it will come back to you having been stored at the proper temperature for consumption or having not come in contact with chemicals directly or through cross contamination. There may be instances where anomalies or abnormalities require the hospital to take the entire placenta, and it will not be made available to you, but that is very rare.

Each hospital has their own policy regarding placenta release and may have their own form for you to sign.

Although it is typically fairly easy to keep your placenta, it isn't exactly routine for the hospital staff, so just remember to inform them when you're admitted and utilize the printout available to download on my website as a reminder of your wishes for anyone who enters your room.

**Be sure to bring a cooler in case your hospital room does not provide you a refrigerator, and/or for transporting your placenta back home in case I am not able to pick it up from the hospital.**

## **Storing your placenta properly**

**0-4 hours postpartum** - From the time it's born the placenta must be handled as though it were food, because that is what it will soon become. It is safe for the placenta to be out, at room temperature, for up to 3-4 hours, but after that time it should be stored in a food-grade container and placed in the back of a refrigerator or in a cooler on ice. If in a cooler, the ice should be checked periodically and replaced with fresh ice as it begins to melt.

**4-72 hours postpartum** - Storing the placenta in a refrigerator or in a cooler on ice is sufficient for the first 72 hours. At some point during this time frame, the encapsulation process should begin.

**72 hours + postpartum** - If preparation of the placenta will not begin for more than 72 hours, the placenta should be placed in the back of a freezer until 24 hours before I am scheduled to collect it. At that time it should be placed in the back of a fridge to start to gently thaw.

## **Optimal cord clamping**

It comes highly recommended for all mothers to choose optimal cord clamping (aka delayed cord clamping) for the benefit of their newborn. Optimal cord clamping involves leaving the umbilical cord intact for at least 3-10 minutes after birth, and longer if possible, until it is limp and finished pulsating. During this time the umbilical cord is still pumping up to one-third (150ml) of your baby's iron and stem cell rich blood supply to him/her

from the placenta! This has been scientifically proven to have lifelong benefits. Optimal cord clamping does not affect placenta encapsulation in any way.

### **Lotus Birth and placenta encapsulation**

Placenta encapsulation cannot be done after a traditional lotus birth. A lotus birth is when the placenta is left attached to the baby until it detaches on its own, generally after several days. In lotus birth, it is common to salt or somehow help the placenta to dry out more quickly. While lotus birth is a beautiful ceremony honoring the connection between placenta and baby, it leaves the placenta unsuitable for consumption. If lotus birth is important to you, you can perform a modified version and still have your placenta encapsulated. The placenta could stay connected to the baby for up to three or four hours. This would give the baby a gentle transition to the world, and the placenta would still be fit for consumption after this amount of time. Do not exceed 4 hours before separating the placenta and refrigerating it.

### **Meconium and placenta encapsulation**

Meconium in the waters is only a problem for babies because they can inhale it which can cause breathing difficulties. Meconium on the placenta is generally harmless and can be rinsed off during the normal preparation procedure or removed with the removal of the membranes. If the staining is severe, the membranes will be removed and the placenta will be disinfected by steaming in an apple cider vinegar vapor before being processed.

### **Pitocin, epidural, or c-section and placenta encapsulation**

These interventions have no noticeable effect on your placenta capsules. Epidural anesthesia and pitocin break down very quickly after entering the placenta. Make sure you specify clearly in your birth plan that you will be keeping the placenta, and that it needs to be refrigerated as soon as possible after the birth. Especially after a c-section, you will need to be vigilant about making sure your placenta is treated properly. This I can't stress enough, so please refer to the info. above regarding release of placentas from the hospital.

### **The encapsulation process**

The process is divided into two parts, spanning over two consecutive days. The first part should be started within the first 72 hours of giving birth, and it will consist of prepping the placenta for drying and leaving it to dehydrate for a minimum of 12 hours. The next day I will finish the process by grinding and encapsulating the placenta after it is completely dry. That's it; your capsules will be ready for you to use as you need to!

### **Payment**

If you have already reserved my services for your estimated due date, you have likely already paid a \$55 deposit. The remainder of the balance, for whatever services you choose, and any additional travel fees, is due upon my collection of your placenta, and can be paid via PayPal, Venmo, debit/credit card, or by cash or check (please make payable to Alex Browne).

### **Travel Limitations**

Although I love providing these services to everyone in and around the Tri-Cities, locations more than 30 miles from my home in the Tri-Cities will incur an additional one-time \$25 travel fee, plus an additional travel fee of \$0.50 per mile, per trip.

If you have any additional questions, feel free to ask. Wishing you the very best throughout the remainder of your pregnancy and birth of your baby -- I look forward to meeting you soon!



Alex Browne, *Placenta Encapsulation Specialist*

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