



Hampton Roads

PLACENTA ENCAPSULATION

Waiting for Baby...

- Book your encapsulation services by filling out the intake form and submitting your deposit.
- Pack a small insulated cooler and 2 freezer gallon sized ziploc bags in your hospital bag.
- Designate a support person as your "placenta protector". This person will remind the staff that you are keeping your placenta and ensure that it is stored. If you have a doula this is an excellent job for her.

I'm in Labor!

- Send Hillary a text when you check into the hospital or when you call your midwife to your home.
- Remind the staff that you are taking your placenta home.

Safety Standards

- 2 hours at room temp
- 24 hours in the cooler with fresh ice
- 72 hours in the refrigerator
- 6 months in the freezer

Welcome to the World, Little One!

- Once the placenta is delivered ask the staff to double bag it in your ziploc bags and place it immediately into your cooler. Cover with ice within 2 hours.
- Text Hillary when you are settled into your room with baby. Pick up hours are 9am - 9pm. If you give birth overnight please store your placenta in your cooler with plenty of ice until morning.