

Placenta Encapsulation Contract Blue Moon Doula Services



Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby by dehydrating, powdering, and placing it into consumable capsules. All processes are done with the respect of the placenta and in a sanitary environment. Doula/Placenta Encapsulator Angelica Knight adheres to strict OSHA guidelines and follows proper food safety standards.

The purpose of ingestion of the placenta is to reintroduce beneficial hormones, proteins, and other nutrients to her body following labor and birth to help restore physical and emotional balance, prevent or lessen the risk of "baby blues" that may lead to postpartum depression, increase breastmilk production, shorten healing time, increase maternal energy levels, and provide an overall feeling of wellness to aid in the transition between pregnancy and the early postpartum period.

Limitations and Disclaimer

I am not a licensed medical professional and I am not able to diagnose, treat, or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised and any benefits will vary from person to person. Some of the ascribed benefits of placenta consumption are supported by research; however, these benefits have not been evaluated or approved by the United States government or the Food and Drug Administration. It is your responsibility to determine whether using placenta preparations may be beneficial to your wellbeing postpartum.

Client Responsibility

It is your responsibility to notify Doula/Encapsulator Angelica within 24 hours of the birth so that we can arrange a pickup and drop off of placenta and placenta products. Failure to do so may result in delayed placenta preparation and encapsulation and may cause decreased potency of nutrients, hormones, and other beneficial attributes of the placenta. Improper storage of the placenta may result in spoilage. It is your responsibility to discuss the release of your placenta from the facility where you will give birth and to ensure proper storage of your placenta in a refrigerator or cooler with ice. If you are in need of a cooler to store your placenta, please let Doula/Encapsulator Angelica know beforehand. She will provide one and it will be returned to her when the placenta is collected.

If you're contacting Doula/Encapsulator Angelica following the birth of your baby, we can discuss placenta options (dependent on storage) and arrange pick up and drop off of placenta/placenta products. Include any events that may be valid in terms of illness or contamination that may have been exposed to your placenta to make the best decision moving forward.

Placenta Transport Preparation

Whether birthing at home or in a hospital, please ensure your placenta is kept fresh. It can remain at room temperature for 3-4 hours following birth. After that, it should be refrigerated or otherwise kept cool. If you are practicing some form of delayed cord cutting or lotus birth, ice packs may be wrapped up with the placenta to prevent spoilage. If, for some reason, it is going to be more than 3 or 4 days before the placenta can be prepared, it should be frozen. A frozen placenta will take somewhat longer to prepare since I prefer to gently defrost it prior to preparation. I strive to begin processing your placenta within **24 hours** of the birth of your baby.

You can prepare your placenta for transport by placing it in the placenta transport kit that I will send you once I receive your paperwork and deposit. The kit will contain:

- 1 cooler bag
- 2 freezer strength Ziploc bags for the placenta to be placed in.
- 4 small Ziploc bags for ice**

**Please put the ice in the small bags and place those in the cooler bag with the bagged placenta. (Your birth location should have ice available) Please do not place ice directly in the cooler bag as it may leak.

If you're delivering at a hospital, many hospitals will provide a transport container and only require families to bring their own cooler. Some placentas are not allowed to be transported to other locations in the hospital e.g. postpartum care, etc. If this is the case, contact Doula/Encapsulator Angelica prior to postpartum room change to expedite your postpartum care experience.

Placenta Restrictions

It is important to note that there may be circumstances under which your placenta cannot be used. Significant abnormalities of the placenta may necessitate your doctor or midwife sending your placenta to Pathology for further examination. Other conditions, such as signs of infection in the mother during labor, may mean that consuming your placenta could be harmful to your health. If in doubt, I will consult with you before proceeding.

It should be possible to claim your placenta after Cesarean delivery.

You are required to inform Doula/Encapsulator Angelica if you have any health conditions which may affect the health of your placenta or the health and safety of anyone who may come in contact with your placenta.

Service Description

Doula/Encapsulator Angelica commits to completing the encapsulation process within 72 hours of starting (usually within 36-48 hours), and upholding the highest standards of cleanliness, safety, and quality of professional placenta preparation services. Fees include the preparation and encapsulation of the placenta, a storage container, written instructions for storage and handling, and guidelines for taking your capsules.

There are two methods by which I am able to prepare your placenta for encapsulation:

- *Steamed akin to the Traditional Chinese Method* - The steamed method helps more with the emotional energy, though it still has a positive impact on physical energy as well. It is safe to use for frozen placentas @ \$250
- *Raw* - This method requires that the placenta be very fresh (within 48 hrs), but this method maintains the protein and enzymes that naturally occur. Raw is the inverse of steamed; it helps more with the physical energy, though it still has a positive impact on the emotional energy as well. This method yields more capsules @ \$250

Additional Products:

- *Tincture (\$30)*: A tincture can be used later when Mother's menses return when her daughter begins her cycle, and during other times of stress (illness, teething). It requires a 6 week period for steeping so when it is returned to you it will not be ready for use. You will need to swirl it daily and strain it when it is ready.
- *Placenta Prints (2 are Included)*: The fetal side of the placenta looks like the Tree of Life, which is very fitting for a keepsake.

Discounts

If you have Doula/Encapsulator Angelica as your Labor/Delivery Doula, all services are discounted from \$250 to \$150. This sum will be added to your invoice and included in your bill in regards to the amount to be paid in full. This service does not include postpartum care or Bengkeng Belly Bindings.

If you have another doula caring for you during your pregnancy, labor, and delivery, or found Doula/Encapsulator Angelica through a referral, you are automatically awarded \$50 off of your \$250 service, leaving your independent service total to be \$200.

Refunds

In the event, your placenta is unavailable to you (i.e. sent to Pathology and not released) or if your placenta has been contaminated with a bacterial infection,

Doula/Encapsulator Angelica offers 8 postpartum doula hours in lieu of encapsulation. Please inquire about the benefits of a postpartum doula. If you would prefer, you can be reimbursed fees paid, minus a \$50 non-refundable deposit. If your placenta is not recommended for consumption but you would still like to have a birth keepsake/birth art, all fees will be returned, minus a \$50 non-refundable deposit.

I have read, understood, and agreed to the above information. I accept the responsibility of gaining possession of my placenta and notifying my placenta specialist within 24 hours of my birth. I understand the importance of appropriate handling and storage of the placenta. By signing below I authorize Doula/Encapsulator Angelica to prepare my placenta for my own personal use.

Client Name Printed

Estimated Delivery Date

Expected Delivery Location

Client Signature

Date of Contract