**Placenta Encapsulation Checklist & Reminders**

Contact Information for **Sarah Barbosa**:

Cell phone: **507-382-4965 (call or text)**

Email: **birthblessingsdoula@gmail.com**

**Some Basic Information and Reminders:**

* Decide which preparation method (TCM or Raw) you prefer. Let me know if you have questions or need more resources to help you make your decision.
* Fill out the Placenta Encapsulation Agreement and return to Sarah Barbosa on the address listed on form as soon as possible.
* Please include 2 gallon-size Ziploc bags with your name and phone number written on them in your birth supplies/hospital bag. You will need to use these to double-bag the placenta until I arrive to pick it up. DO NOT LET THE HOSPITAL PLACE THE PLACENTA IN A RED BIOHAZARD BAG! The red biohazard bags have dyes and chemicals on them that can contaminate the placenta.
* Specify in your birth plan that you will be keeping your placenta.
* You will most likely need to sign a release form if birthing in a hospital.
* Notify me via call, text or email when you are in labor and call or text me after baby is born.
* Store placenta in fridge, or in a cooler on ice, until I arrive to pick it up. I will pick it up as soon as possible but it may take me up to 48 hours (if I’m at a birth, etc.)
* Have deposit payment of $50 ready for me when I arrive to pick up your placenta.
* You will receive your placenta capsules back, with instructions for taking them, approximately 48 to 72 hours after I pick up your placenta. You will receive the placenta tincture a few months after the birth. (If you live a distance from Mankato, the capsules and tincture may be returned to you in the mail or via UPS or FedEx.)