



Hound Hill

# Doula

## Placenta Encapsulation Information

Amy Peterson CD(DONA), CLC

5 Pendexter Road

Durham, NH 03824

doula@houndhill.com 603-767-5382

Thank you for your interest in placenta encapsulation. Please read through this information, which should answer most of your questions about the process of arranging for encapsulation services. If you still have questions after you have reviewed this document, please do not hesitate to contact me for further information.

Eastern medicine has used placenta for treatment of many different maladies. I prepare your placenta by steaming it in the Traditional Chinese Medicine method, and then dehydrating and grinding it into a powder. The powder is placed into capsules that may be taken as a dietary supplement.

I pick your placenta up at the hospital or other birth location after your delivery, and am usually able to complete your pills within 24-48 hours. There is an additional charge for travel if your birth place/home are more than 20 miles from my home.

Advance booking to guarantee a spot in my calendar requires a \$25 deposit. This can be paid by mailing a check made out to Amy Peterson to 5 Pendexter Road, Durham, NH 03824 with a signed and completed contract. (the contract is at the end of this document.) Alternatively, you may pay your deposit on my website through Venmo (@houndhilldoula) or Paypal [paypal.me/houndhilldoula](https://www.paypal.me/houndhilldoula).

If you pay your deposit online, I will have you sign a contract electronically when I pick up your placenta. Please confirm with me by email before paying your deposit so that I can ensure that space is available.



***When you are in labor - It is your responsibility to inform hospital staff before you deliver that you intend to keep your placenta.***

When you are being admitted you may be asked if you have any special needs or questions. This is the time to let them know that you plan to keep your placenta. You are not required to tell them what you plan to do with it.

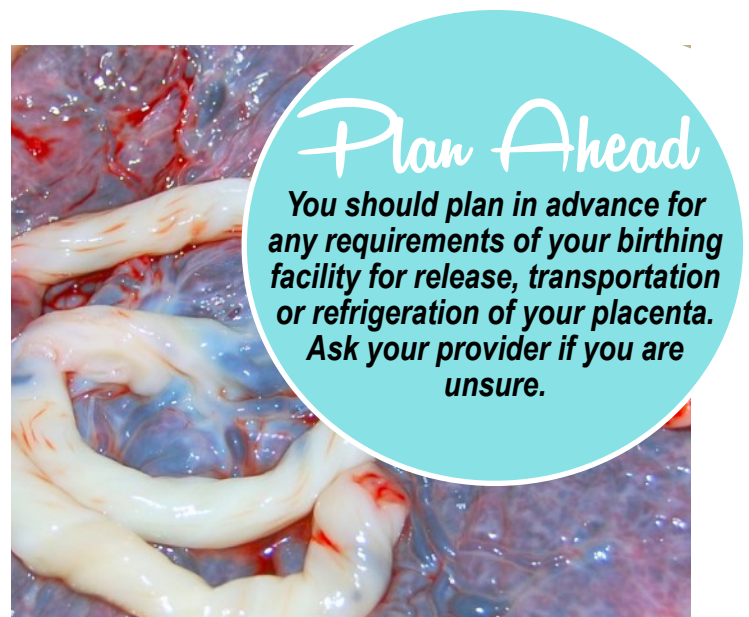
If you are asked to sign a release, remember that the placenta is being released to YOU and you will be having it encapsulated. The placenta should not be released to anyone other than the mother.

If you go into labor during the day, a quick phone call or text to Amy is helpful so that I know to be prepared.

If it is after business hours when you deliver, or more than an hour will pass until I can get to you, the placenta should be refrigerated or placed on ice. I recommend that you do not let the placenta leave your room. If there is a refrigerator in your hospital room you may place it there, otherwise hospital staff should be able to refrigerate it for you. As a last resort, the hospital should have a basin and plenty of ice. If there is no basin, you can put the ice in a sink and then place the placenta container in there. Preserve your placenta as you would any fresh meat. It is safe at room temperature for an hour or two, but must be kept cool beyond that. Avoid freezing your placenta unless it will be more than 2 days until encapsulation, as freezing may reduce potency.

Please notify me as soon after delivery as possible so that I may arrange to collect your placenta in a timely manner. If you deliver at night, and your placenta can be safely stored as outlined above, please wait until 7 am to call for pick up. I bring a cooler for warm weather transport. In the rare circumstance that I am attending another birth, or I am ill or otherwise unavailable when you deliver, I may send another doula to pick up your placenta for me.

If for any reason you change your mind, or your placenta is not available for encapsulation, please be courteous and let me know. I am aware of your due dates, and am planning my schedule with your placenta encapsulation in mind.



## *Plan Ahead*

***You should plan in advance for any requirements of your birthing facility for release, transportation or refrigeration of your placenta. Ask your provider if you are unsure.***

**If you have an unplanned Cesarean, or issues with you or your baby's health**, your provider may want to send your placenta to pathology for testing. The placenta is usually treated with formalin during testing, which makes it unsafe for encapsulation or consumption. This testing is done to determine if there were any functional or congenital issues with the placenta that may have affected the birth outcome. If you wish to have this information and think it will be helpful to your planning of future pregnancies, it can be the best choice to sacrifice your placenta for this purpose. If you do not want these tests done you can refuse to release your placenta to pathology. Please be aware that this is a decision that may have to be made on the fly in an emergent situation and it should be entrusted to your birthing partner to remember to request this BEFORE you are taken into surgery. If for any reason your placenta is not available for encapsulation, Hound Hill Doula retains your deposit to cover time and paperwork.

**If you develop a fever or an infection during labor**, your placenta is probably not fit for consumption. Please let me know at pick up if you had a fever or suspected uterine infection. You or I can discuss your situation with your provider and make a decision about the possibility of reinfection by consuming your placenta. ***This includes being group B strep positive at delivery.***

# Your Capsules

I prepare your placenta using the Traditional Chinese Medicine (TCM) method. It usually takes 24-48 hours to get the capsules back to you.

In TCM theory, the process of labor and birth leaves a lot of open, empty space, which is considered very yin, or cold. TCM practitioners promote healing during the postpartum period by adding yang energy via heat. Steam, lemon, ginger and hot pepper are used for “warming” the placenta. While these items are steamed with your placenta they are not ground with it. Your capsules contain no added ingredients.



Placenta capsules are known as a ‘heat’ or ‘yang’ energy in Chinese Medicine. They therefore should be avoided when the body is experiencing excess heat from infection, such as fever as a result of mastitis/flu or other illness. It is said that the heat from the placenta capsules will feed the infection, rather than feeding the body itself. TCM recommends suspending capsules use while you are ill or feeling feverish.

**Dosage:** *I cannot recommend a dosage for you. It is your responsibility to determine the dosage for yourself.* I can only tell you that often women will take 2 Capsule 3X a day for the first 2 weeks postpartum and as needed beyond that.

## **Some of the known ingredients in the placenta are:**

**Gonadatropins:** the hormones estrogen, progesterone and testosterone. These hormone levels change drastically in the first days postpartum.

**Prolactin:** promotes lactation.

**Oxytocin:** (*the love hormone*) to decrease pain and increase bonding in mother and infant.

**Thyroid Stimulating Hormone:** boosts energy and helps recovery from stressful events.

**Cortisone:** combats stress and unlocks energy stores.

**Interferon:** stimulates the immune system to protect against infections.

**Prostaglandins:** anti-inflammatory.

**Iron:** replenishes iron deficiency and anemia, a common postpartum condition.

**Urokinase inhibiting factor and factor XIII:** stops bleeding and enhances wound healing.

**Gammaglobulin:** immune booster that helps protect against infections.

You cannot “overdose” on placenta. Most animals consume their entire placenta in one session.

Remember that you need to allow your body to recover from the transitions of birth. If you are feeling too energetic, or restless, please reduce your dosage. You may feel like you want to run errands and host parties, but your first weeks home should be a quiet time of healing, adjusting and bonding.

Please do not ever hesitate to contact me with questions or concerns. I actually love hearing from you and would love to know about your experience and observations with the use of your capsules!



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## Placenta Service Agreement

Amy Peterson  
CD(DONA), CLC  
5 Pendexter Road  
Durham, NH 03824  
doula@houndhill.com  
603-767-5382

Beginning from the payment of deposit, Hound Hill Doula will provide support via email and phone, addressing any concerns or questions you may have about placenta services.

### Client Responsibility

It is your responsibility to inform hospital staff that you intend to retain your placenta. You should plan in advance for any requirements of your birthing facility for release, transportation or refrigeration of your placenta. You also need to keep your Doula informed of your medical condition, including any test results, so that she may recommend changes to the plan for placenta services as necessary.

***It is your responsibility to notify your Doula as soon after delivery as possible so that she may arrange to collect your placenta in a timely manner.***

### Doula Services Limitations

Hound Hill Doula will make every effort to provide the services described herein. If your Doula fails to provide services due to circumstances beyond anyone's control (i.e. damaged or diseased placenta, restrictions by hospital staff, or an "Act of God."), you will not be charged the balance of your fee. The deposit will be retained for time scheduled, paperwork and phone support, and no further charges will apply. Failure of client to call Doula at the time of delivery does not apply to this section and all remaining fees would apply.

### Limitations and Disclaimer

Amy is not a pharmacy, pharmaceutical representative, holistic practitioner, herbalist, or a licensed medical professional and is not able to diagnose, treat or prescribe for any health condition. Benefits of placentophagy are supported by ongoing research but have not been evaluated by the Food and Drug Administration. Placentophagy, (as it pertains to this contract agreement), is for natural nutritional supplementation and is intended solely for ingestion by the mother who has birthed the placenta(s) and not for her family members, friends, or other individuals, and cannot be guaranteed to produce specific results. The CDC has stated that "The placenta encapsulation process does not per se eradicate infectious pathogens; thus, placenta capsule ingestion should be avoided"\*\*.

**The agreed upon fee for placenta encapsulation is \$250** for pick up, preparation and delivery of capsules. travel fees for areas out of my usual service area are additional. Unless you have added this service onto your labor support package. Services and fees are for the preparation and encapsulation of the placenta, not for the sale of the placenta powder.

Deposit of \$25 is due\* at signing of this agreement, with **balance due at delivery of capsules.** Delivery of capsules is often at the place of birth, so please plan to have payment with you.

Once the deposit has been received, it is non-refundable, as your Doula specifically reserves time around your due date. Accounts not paid on or before contracted schedule will be billed a late fee.

\*A deposit is not required if you have contracted for labor support through Hound Hill Doula

\*\*<https://www.cdc.gov/mmwr/volumes/66/wr/mm6625a4.htm>



Name	
Address	
Email	
Cell Phone	
Planned Birth Location	
Due Date	

\_\_\_\_\_ initial *I have declared to Amy any known communicable diseases that I may have or that I may have been exposed to before releasing my placenta to her.*

\_\_\_\_\_ initial *I understand that the act of ingesting placenta in any form has not been tested, nor approved by the FDA and is not recommended by the CDC, and I ingest this at my own risk. The services offered are not intended to diagnose, treat, cure or prevent any disease or condition. By choosing to utilize the services on this page I take full responsibility for researching and using the remedies. Furthermore, I release Amy Peterson and Hound Hill Doula from any and all liability for any effects I may experience after choosing to take the capsules.*

\_\_\_\_\_ initial *I have read and understand the CDC recommendation published at <https://www.cdc.gov/mmwr/volumes/66/wr/mm6625a4.htm>*

**Please remember that the initial postpartum period is a time for rest, healing and bonding with your new baby. If you find that you are feeling too active or unable to rest please reduce or discontinue placenta use for this period.**

\_\_\_\_\_ travel fee \_\_\_\_\_ additional products or services

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

*I have read the above Service Agreement and agree that it reflects the discussion we have had with Hound Hill Doula. I do not hold Hound Hill Doula or Amy Peterson responsible for unexpected outcomes.*

Please return one signed copy of this agreement ,along with a check made out to Amy Peterson for your \$25 deposit, to: 5 Pendexter road Durham, NH 03824. Please understand that I am unable to reserve your due date until your deposit has been paid.

<i>deposit paid For doula use only</i>	<i>check #</i>	<i>Pay Pal</i>	<i>cash</i>	<i>Balance Due</i>
<i>Birth Weight:</i>	<i>Birth Notes:</i>			