



Name: .....

Home Address: .....

Estimated Due Date: .....

Phone number: .....

Email: .....

Partner's Name: .....

Partner's number: .....

Address where you will be having  
baby: .....

Do you have any blood borne illness ?

- Hepatitis B or C
- HIV
- Human T-lymphotropic
- Syphilis

What do you wish to expect from taking placenta pills?

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If you have had children in the past how was your postpartum period

before? Please briefly explain your emotions during the first few weeks.

.....

How will you be paying for the service? *(100€ deposit is due upon completing this form)*

- Cash
- Bank Transfer

Service Fees:

- 225€ Placenta Encapsulation Service *(pick up and drop off)*
- 150€ Doula Client
- 250€ Placenta Encapsulation Service *(added fee for travel if return trips are one hour or more, including havelhove birth centre in Grunewald)*

I use vegetarian gelatine capsules

Please understand that the placenta pills you will be taking will not replace the need for pharmaceuticals or psychological help. If you have pre existing health concerns or if you begin to experience any health problems you will seek medical attention. Placenta pills are not intended to cure any type of health disorder or disease.

Placenta pills are strictly intended to aid in the support of postpartum recovery and do not replace pharmaceuticals or psychological assistance required to treat any type of health condition.

I understand that in order for my placenta to be kept safely, I must keep the placenta cold at a temperature less than 4 degrees Celsius within 2 hours of the birth. The Placenta can be kept room temp for 2 hours but please bag it asap and add to the cooler bag. I understand that the encapsulator may not be able to safely process my placenta if it has been left out to long.

I also am responsible to speak with my care provider and hospital about keeping my placenta and letting them know in advance, so they can act accordantly. Its important you contact the placenta encapsulator when you go into labour and when to collect the placenta from you.

Signature.....

Date ..... Place.....

SEE BELOW FOR FURTHER DETAILS AND FAQ

## **FAQ**

### ***What are the benefits of Placenta Encapsulations?***

- *Restoration of iron levels in the blood*
- *Increase in milk production*
- *Increased energy*
- *Increased release of the hormone oxytocin, which helps the uterus return to normal size and encourages bonding with the infant*
- *Increase in CRH, a stress-reducing hormone*
- *Decrease in postpartum depression levels*

### ***What is the process for turning a placenta into capsules?***

*It usually take 1-2 days to process into the capsules. I then wash the placenta in a bowl of water where I massage it for about 15 minutes, depending if the clients want TCM (Chinese traditional medicine way) or the Raw way, but usually I'll steam the placenta to bring warmth back it's said that women are naturally cold when they give birth so this brings warmth to the mother, I then cut it into strips add it to the dehydrator were it will be on for up to 8-10 hours depending on the way we have discussed which is best for the mother. Then grind it into powder and add it to the capsules. On the bottle there is instructions that the mother can follow.*

### ***Are there special considerations when making a placenta smoothie?***

*Adding prepared placenta for smoothies 48 hours postpartum is a viable option. If you want to consume the placenta immediately after the birth in smoothie form, place a decent-sized chunk of fresh placenta (2" x 3", depending on thickness) into a blender with your other ingredients, and blend together. Using bright red fruits such as strawberries is recommended if you are feeling sensitive to the sight of placenta in your smoothie; the strawberries or red fruits will mask it. Many women have felt an infusion of energy and vitality when consuming their placenta immediately after the birth, and a fruit smoothie can be a refreshing way to consume it.*

### ***Raw method?***

*The raw method is when the steaming step is not preformed prior to dehydrating. The theory behind this method is if heat is removed or controlled precisely then the placenta remains at its optimal levels of enzymes, nutrients and compounds. The process does take more time as the dehydrating temperature is set on the lowest setting. Some women choose this method for optimal power from the nutrients.*

### ***TCM Method?***

*The TCM method offers a more 'slow and steady' building of energy for the mother*

*in her postpartum period. As most placentas are born via the birth canal it can be exposed to bacteria including maternal fecal matter. Therefore the steaming kills any remaining bacteria before the placenta is encapsulated.*

### **When should I let you know I've had my baby?**

*I would very much like to know when you go into labour so I can clear my schedule for you. Just a simple text message saying you're in labour will do or we are at the hospital once you are admitted. Then let me know if you are being released from hospital soon or later or a rough idea on when you will be home so we can come up with a plan for the placenta. In the meantime it should be on ice and kept fresh until you go home.*

### **What do I do after I birth the placenta?**

*You will bring to the hospital a small cooler bag, 2 gallon zip lock bags and an icepack or ice to keep the placenta in until you go home. You will then or your partner send a text saying it's ready and I can come over and start the preparation in your home. The first step usually takes 3 hours, then I leave for 8 hours while it is dehydrating and then come back to encapsulate, which takes another 3 hours. I don't need to use any of your own equipment I bring all of my own I just need a stovetop and a sink to work with.*

### **What do I need to bring to the hospital to store my placenta until you can come and collect it?**

*A large zip lock bag or container and a small cooler bag. It can be one you already have doesn't have to be a special kind, lunch size box will do. You can find small cooler bags in the BBQ section at a Karshdat or online Amazon. It would also be advised that if you are staying longer than a day in the hospital that you keep it stored in the nurses' fridge or your partner or family member bring it home with them and add it to the fridge. If you had a C-section and need to stay longer in the hospital something will be arranged with either a family member or your partner to let me into the apartment, the placenta needs to be encapsulated within 48 hours. Anything longer than that it would need to be added to the freezer. If this isn't an option to store the placenta in the hospital fridge then adding ice and keeping the placenta cool will work until you leave the hospital. Treat it like a fresh piece of meat and needs to be kept fresh. Some hospitals even package the placenta up for you and will store it in their fridge/freezer which is great just don't forget it.*

### **When can the placenta not be encapsulated?**

*If your placenta has been sent to pathology for some reason or sent away to be more inspected then I won't be able to encapsulate and you will receive your full 100€ back to you, if it has been stored incorrectly or if you have a blood-borne disease. If the placenta has to be sent to pathology ask to cut a small piece off and send that piece then if everything is OK with it you can then take the placenta. Don't let your placenta out of your sight unless your midwife or nurse puts it in the fridge with a label on it with your name.*

### **Can I encapsulate if my placenta has been frozen for a few months?**

Yes! As long as it has been stored correctly and it contains no freezer burn. If it's been stored 1 year or longer I would have to see the condition its in and then decide. Its also best to store in the freezer if you know you are not going to encapsulate straight away to get the most out of the nutrients. It can be stored up to 3-4 days in the fridge then after that it has to be transferred to the refrigerator.

**What if I am induced/have a medicated birth/have a cesarean section? Can I still encapsulate my placenta?** Yes, yes, and yes. Your particular birth choices/ outcomes do not affect whether or not your placenta can or cannot be encapsulated. Just make sure your doctor knows that you want to keep it and don't let it out of your sight, this can be the dads job.



### **Payment?**

A 100 € deposit will be due when filling out the questionnaire, then remaining will be due when i finish the capsules. Either cash or bank transfer. If i don't receive your form before the baby is due i will take it that I'm not encapsulating your placenta. Please send forms to [info@shanaythedoula.com](mailto:info@shanaythedoula.com)

### **Refunds?**

If I'm already encapsulating your placenta and all of a sudden you don't want to do it, there will be no refund. If there is a problem with the placenta like it was sent to the pathology your 100€ deposit will be returned to you and the full amount following if necessary. If you decide that before baby is born you don't want to do this anymore then also your 100€ deposit will be given back to you. If failure to notify me when the baby is born and when its time to pick the placenta up then the 100€ deposit will not be returned to you.

### **Will I experience any side effects when taking my placenta capsules?**

Storing your placenta capsules properly, avoiding capsules when your ill and not taking over the recommended dose will reduce your chances of experiencing any side effect. Very rarely, it has been reported some side effects may accrue when taking placenta capsules. Please see below:

*Mild headaches (we believe a lower dose is recommended to solve this problem).  
Stomach cramping or abdominal pain (possibly the result of bacteria growth due to improper storage of capsules)*

*Stomach cramping for those also taking iron supplements (we recommend not taking iron supplements and placenta capsules at the same time)*

***How do I store the pills?***

*They should be kept in a cool dark place for up to a year. Then transferred to the freezer if you have any remaining left over. You should take them until they are all gone but if you don't feel like you need them anymore listen to your body and then store the rest in the freezer until needed at a later date. If you have the raw method then they need to be consumed within 6-12 months and should be stored in cool dry place like the freezer. You will also be given instructions on dosage when you receive them.*

***How many capsules do I get?***

*Usually between 120-250, depending on the size of your placenta.*

***If I am having a home birth?***

*Please double bag the placenta in two gallon sized zip lock bags. Within the first hour or so after the birth, be sure that the placenta is placed in your refrigerator.*