****

Liz Foster, CD(DONA), HCHD

[www.loveinmotion.net](http://www.loveinmotion.net)

720-593-0014

lizfosterdoula@gmail.com

**Placenta Encapsulation Client Information**

* **During Pregnancy – Send *Blood work, Birth plan***
* **Provide your blood work** with HIV and Hepatitis A/B/C (this may show up as HBsAg or HbSAg on lab work) status to lizfosterdoula@gmail.com or screenshot it to 720-593-0014. These tests are typically performed in the panel done in early pregnancy.
* Discuss your intentions to keep your placenta with your care provider and birth place. You may want to **include your wish to keep your placenta in your birth plan**.
* **Preparing For Birth – *Call/text, Bag it up***
* If possible, **call or text (7am-10pm) 720-593-0014 when labor begins** to let me know your placenta will be here soon. (I understand you've got a lot going on at this point and won't be offended if this doesn't happen.)​
* Bring your own cooler: Styrofoam fishing/camping ones work great. **Bring** 2 **gallon-size bags to double bag the placenta itself** – however, most birth places will have containers. This is a backup and ensures the container will fit in your cooler. **Bring 2** **quart-sized bags to be used to fill with hospital ice**.
* If all else fails, use a hospital bucket filled with ice and put the placenta in with it (bagged in anything ideally), not allowing the placenta to touch the ice. Make sure the ice stays fresh until pick up/drop off.
* **After Birth – *Call/text, Keep it cool***
* Call or text (7am-10pm) 720-593-0014 after birth. I will pick up your placenta during daytime hours.
* **\*\*Keep your placenta cool** and clean until it is received. Get it on ice within **one hour of birth** & in a refrigerator **within 4 hours of birth**, if possible.**\*\***
* **Do not allow your placenta to be sent to the pathology department, unless it is medically necessary.** Ask to speak to the patient advocate if necessary.
* Pay any remaining balance (Zelle, Venmo, Paypal, cash) when I receive the placenta.
* [Fill out the postpartum form](https://www.loveinmotion.net/post-birth-encap.html)  **loveinmotion.net/post-birth-encap.html​**
* If you were unable to get blood work to me, with your permission, a nurse can provide me with the information verbally.
* **REST**, enjoy your new baby, and I will take care of the rest!
* **\*\*COVID 19 Update\*\*** - As I will more than likely not be permitted in the hospital room, getting lab work submitted before birth is a higher priority. Someone will have to bring the placenta out to me.

**Venmo Payment GBS+ (Group B Strep) and/or Meconium? No Problem!**

 