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Liz Foster, CD(DONA), HCHD, ICCE

www.placentadenver.com

720-593-0014

**Packaging Your Placenta**

* You will need 2 quart-sized plastic bags and 2 gallon-sized bags for packaging
* Fill up 2 quart-sized bags with ice
* Put on gloves
* Place placenta inside one gallon-sized bag
* Insert that bag inside the other gallon-sized bag
* Put one ice bag inside the bottom of the cooler
* Put the double-bagged placenta on top of the ice bag
* Place another ice bag on top of the placenta bag (like a placenta sandwich)
* If 4-8 hours have passed since birth, **replace the ice** (if it has melted) or put in a frig.
* **Call/text Liz at 720-593-0014** to let her know your baby has arrived and the placenta is ready for pick up
* Fill out this form: **loveinmotion.net/post-birth-encap.html​**
* If you haven’t already, **text/email Liz your blood work** with HIV and Hepatitis A/B/C (this may show up as HBsAg or HbSAg on lab work)
	+ You may ask your nurse to provide the information to Liz verbally
* The nurse may have you sign a consent form requesting to release your placenta

**Pick Up/Drop Off/Processing**

* Coordinate a time with Liz to meet for pick up.
* If you are dropping it off to her, have your contact person arrange a drop off.
* **Pay your Remainder** via Venmo (lizfosterdoula) or Zelle (720-352-3122)
* **REST**, enjoy your new baby, and Liz will take care of the rest!
* Placenta products are processed within 24-72 hours, depending on how busy we are. It takes a full 24 hours for dehydration alone.
* Liz will text you when the products are ready.
	+ If she picked up, she will let you know when she’s on the way to drop off.
	+ If a contact person is picking it up, she will arrange with them for pick up.

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

 