

**Sun Stand Still Doula Services**  
**Placenta Encapsulation Letter of Agreement**

**Placenta Encapsulation Description**

Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby by dehydrating, powdering and placing it into capsules for the mother to use as she sees fit.

**Limitations and Disclaimer**

I am not a licensed medical professional and I am not able to diagnose, treat, or prescribe for any health condition. Services and fees are for the preparation and encapsulation of your placenta, not for the sale of the pills. No specific benefits or effects are promised. Any benefits will vary from person to person. Some of the ascribed benefits of placenta consumption are supported by research; however these benefits have not been evaluated or approved by the FDA. It is your responsibility to determine whether using placenta preparations may be of benefit to you. \_\_\_\_\_ (Client's initials)

**Client Responsibility**

It is your responsibility to notify me after the birth (ideally within 24 hours) to make arrangements for pick up, drop off or for me to come to your home. Failure to do so may result in delayed placenta preparation and encapsulation and may cause spoilage of the placenta, which would render it unusable for encapsulation.

It is your responsibility to discuss release of your placenta from the hospital where you give birth (or backup hospital for home births) and to ensure proper labeling and storage of your placenta in a refrigerator or cooler with the placenta placed on ice until it can be picked up or delivered for preparation and encapsulation.

Your placenta should not be treated with alcohol, formalin, or any other preservative. Please contact me if you need assistance with hospital release. You should contact the hospital directly, as well as discussing consuming your placenta with your doctor or midwife. \_\_\_\_\_ (Client's initials)

Your placenta should be put into a clean and sterile, leak proof container immediately after cord cutting and stored in a cooler bag on ice and kept at below 46 degrees Fahrenheit for no longer than 12 hours or in a refrigerator at home. You should arrange for your placenta to be put into a refrigerator as soon as possible after birth.

If it is going to be more than 3 or 4 days before the placenta can be prepared it should be frozen. A frozen placenta will take somewhat longer to prepare since I prefer to gently defrost it prior to preparation.

You can prepare your placenta for transport by placing it in a couple of large, freezer strength Ziploc bags or in a large plastic Tupperware container or glass casserole with lid, then into a cooler with ice packs or into a refrigerator. Most hospitals will provide a container or bag.

**Please do not place the placenta directly on the ice.**

I **will not** encapsulate a placenta if you have tested positive or are suspected of having a uterine or placental infection, or if your placenta has been sent to pathology in hospital for any reason because it may have been contaminated while in the pathology department.

I also do not recommend using your placenta for encapsulation if your placenta has not been stored properly after birth.

\*you can still use your placenta if you have a caesarean birth as long as your placenta has not been sent to pathology.

**Please let me know if you have any health conditions which may affect the health of your placenta or the health and safety of anyone who may come in contact with your placenta.** If you taking any medications regularly, other than prenatal vitamins, please discuss placenta encapsulation with your doctor or midwife and have them sign below.

Condition: \_\_\_\_\_

Medication: \_\_\_\_\_

Doctor/Midwife \_\_\_\_\_

### **Service Description**

There are two methods of which I am able to prepare your placenta for encapsulation:

**Raw** Placenta is drained of blood, sliced thinly, then dehydrated, and ground for encapsulation.

**Traditional Method** Placenta is drained of blood, steamed with slices of fresh lemon, ginger, and green chilies in the water. Once steamed, the placenta is thinly sliced, dehydrated and ground for encapsulation.

I will pick up your placenta at an agreed upon time and have your pills completed within 72 hours. I will contact you once your pills are completed to arrange a time for drop

In all cases, please remember that I am also a birth doula. In the event that I am called to a birth or have another client's placenta preceding yours, there may be a delay of 24 hours or more in preparing your placenta. I will contact you if this is the case.

### **Fees**

- \$250 for the complete package this includes picking up the placenta from you/hospital and dropping off the finished capsules at your home.  
\*umbilical cord keepsake included if possible and a sitz bath mix for added healing benefits\*
- \$200 for birth doula clients. I will take the placenta home with me if possible
- \$50 extra for multiples
- **\$25 Tincture**

I request a \$50 deposit upon signing this contract, with the balance due at drop off. Payments may be made by cash, check or PayPal. You can make checks payable to myself - Rachel Mackay. Or PayPal at [rcruz1024@yahoo.com](mailto:rcruz1024@yahoo.com)

### **Refunds**

In the event your placenta is unavailable to you (e.g. sent to Pathology and not released) or if you change your mind and choose to terminate this contract prior to releasing your placenta to me, any fees paid including the deposit will be refunded in full.

If you choose to terminate this contract after releasing your placenta to me I will return your placenta to your for disposal. Your \$50 deposit will be retained, but any other portion of the fee will be returned.

I, \_\_\_\_\_, have read and understand the terms of this agreement.

My due date is: \_\_\_\_\_

I am delivering at: \_\_\_\_\_

Method I prefer: \_\_\_\_\_

Client's signature \_\_\_\_\_

Date \_\_\_\_\_

Home address: \_\_\_\_\_

\_\_\_\_\_

Home phone: \_\_\_\_\_

Other phone: \_\_\_\_\_

Partner's name (or someone who may call after the birth): \_\_\_\_\_

Thank you for entrusting me with your precious placenta!

***Rachel Mackay***

Sun Stand Still Doula Services, Owner and Operator

734.776.6334