



# PDX Placenta Presents: The Placenta Preparation Checklist

---

## **I. What to consider when choosing a placenta preparation specialist or company:**

- How quickly after delivering will your placenta be processed? The best results are obtained from having the placenta processed within the first three days after delivery. Benefits may decrease if the placenta must be frozen before usage.
- Where will the placenta be processed?
  - Having the placenta processed in your own home eliminates the risk of your placenta being misplaced or inadvertently switched with another woman's placenta.
  - Having your placenta processed in your home also lowers the risk of contamination. If the preparer is working with many placentas and cooking in the same kitchen, the risk of contamination increases.
- Will the preparer provide all their own supplies and are they trained to properly clean their equipment between uses in compliance with OSHA standards?
- Is the preparer properly trained to handle blood-borne pathogens?
- Does the preparer offer an option to have your placenta transported from your place of birth to your home in the event that you do not have a friend or family member or a doula to transport it home shortly after delivery?

## **II. Do the following before you go to the hospital:**

- Inform your care provider and nursing staff that you plan to keep your placenta and will be taking it home to use for consumption. This will help ensure the proper handling and storage of your placenta.
- If you are planning on a hospital birth, check what the hospital's policies are in regards to obtaining your placenta after delivery. Be proactive and fill out any necessary paperwork ahead of time.

## **III. At the hospital and directly following birth:**

- Bring a small cooler to the hospital in which to store your placenta after delivery.
- Arrange transportation of your placenta to your home as soon as possible after birth.
- If the placenta will not be used or processed within three days of delivery, place it in the freezer to help ensure its freshness.
- Don't forget to contact your placenta preparation specialist when you are in labor and soon after delivery. Here's a helpful tip: put their number in your mobile phone!