



## **Information Guide for Expectant Mothers**

This guide will help you through the process of choosing placenta remedies with a Certified Placenta UK Placenta Remedies Specialist.

Please use this guide as a reference and to help explain placenta remedies to your midwife and family/friends. You will also find useful frequently asked questions (FAQs) about our services and more on our website.

**[www.surreyplacentas.co.uk](http://www.surreyplacentas.co.uk)**

### **What is so special about my placenta?**

The placenta has long been thought of as a magical part of the creation of a baby. This incredible organ is uniquely designed for your baby and is an integral part of any pregnancy and birth. The placenta physically connects you to your unborn baby feeding essential oxygen, nutrients and vitamins. During and after birth women lose 1/8-1/10 of their blood supply from the bleeding wound left inside the uterus, where the placenta was attached during the pregnancy. We believe the mammalian placenta was made to be consumed and make up for this loss by giving the new mother essential fats, proteins, vast amounts of iron and essential hormones to heal wounds and aid the body in self recovery after birth.

### **Why should I consider consuming my placenta?**

Dried placenta powder was recognised as a potent medicine in Europe for centuries and used to treat and cure many ailments, mostly those surrounding birth. However since the late 19th century, most natural birthing methods have been replaced by modern birthing techniques, losing along the way many valuable traditions practiced for centuries. The benefits of consuming the placenta are being rediscovered and scientists are beginning to study placentophagy. Today there is profound anecdotal evidence and scientific studies that suggest consuming the placenta can be just as beneficial for humans as it is for other mammals. Testimonials from our clients reveal that consuming the placenta after birth may improve energy levels, increase milk production and slow or stop postpartum hemorrhaging, thus creating an overall healthier post-birth recovery.

### **Will placenta capsules help prevent the 'Baby Blues' and/or Post-Natal Depression?**

The 'baby blues' are a known symptom of birth and mothers are told to expect to feel sad, anxious and very emotional around the third day after the birth, usually when the milk engorges the breasts. These symptoms can sometimes develop into post-natal depression. Studies have proven that the symptoms of post-natal depression are linked with the severe lack of essential nutrients such as vitamin B6 and hormone CRH (our stress reducer hormone), both which are of high supply in the placenta. Consuming the placenta in raw smoothies or in capsules is thought to nourish the mother, replacing lost essential nutrients and hormones following birth and may entirely prevent the 'baby blues' and post-natal depression.

### **Why should I try to deliver the Placenta naturally?**

Many hospitals/midwives offer an artificial hormone based injection called syntometrine to speed up the third stage of labour and the delivery of your placenta. This is done routinely when giving birth by caesarean section. If possible, delivering the placenta naturally is best for placenta encapsulation to prevent artificial hormones presenting in the blood and placental tissues. The syntometrine injection does not prevent you from benefiting from placenta encapsulation nor do caesarean section births.

### **What do I do now?**

- Fill out the booking form (if not done so already), at [www.surreyplacentas.co.uk](http://www.surreyplacentas.co.uk) and go to the booking form page.
- Aim to book your encapsulation at least 2 weeks, if not sooner before your due date.
- Ensure you read the Terms and Conditions (you will get a link to these once the booking form has been filled out), this must be filled in and signed before returning it to Surrey Placentas. This can be sent in the post or handed to us on collection at the very latest.
- Within this information pack please find the documents labelled '**Appropriate Placenta Care**' and '**Placenta Chilling Instructions**', Please add these important documents to your birth wishes to ensure the correct handling of your placenta after birth.



## FAQ – Frequently Asked Questions

Please visit our website for even more information and FAQs [www.surreyplacentas.co.uk](http://www.surreyplacentas.co.uk)

### **What do I need to do to keep my placenta safe until the encapsulation?**

Your placenta will need to be chilled to ensure it remains safe to consume after birth. Your placenta should be stored in a refrigerator at 8°C or below within 30 minutes of its birth. Hospitals may not allow you to store your placenta in their fridges, therefore you may need to store your placenta in a cooler bag surrounded by frozen ice packs. Some midwives may allow you to keep your frozen ice packs in the hospital freezer during labour. Talk to your midwife about your options at your local hospital.

**SUPPLIES NEEDED:** *Please purchase these essential supplies before your due date to ensure safe storage of your placenta after birth.*

- Placenta storage container – lidded 'leak proof' plastic container, 2-2.5 litre capacity, washed and rinsed in very hot water
- New (large) re-sealable food storage bag and enough ice blocks to fill 10% of the volume of your cooler box/bag (example: if your cooler bag is 10L, you need 1L total volume in ice blocks)
- Cooler bag/box large enough to store the placenta storage container and ice blocks
- Plastic carrier bag to be used to ensure the ice blocks remain in tight contact with container

### **POST BIRTH – SAFE PLACENTA STORAGE**

**Home Births:** Place your placenta in a new food storage bag and then in a suitable lidded container. Place the container in a plastic carrier bag and store on the bottom shelf of your fridge ensuring other foods are not near your placenta container. **Hospital Births:** Please use the label provided to label your placenta container. Write your name and telephone number in the spaces allocated on the label. Your midwife should place your placenta into your clean storage container immediately after birth. Placentas must be chilled on ice and stored in the cooler box immediately after cord cutting or within 30 minutes of birth. Keep your cooler bag with you in your hospital room. Placentas chilled in cooler bags with frozen ice blocks must be collected by a Specialist or transported to a home refrigerator by a family member or friend within 12 hours of its birth. **Caesarean Births:** Ensure your doctors and midwives are aware you would like to keep your placenta and ask if your partner can bring your storage container into theatre. The hormone injection syntometrine/syntocinon given to speed up the third stage will not prevent you from benefiting from placenta remedies.

### **What if I want to bank my baby's cord blood or donate pieces of my placenta for research?**

If you plan to either donate or bank cord blood we advise you prepare two containers, one for the cord (or pieces of placenta) and another for the whole placenta for encapsulation, both labeled appropriately to avoid confusion after birth.

### **When should I contact my Specialist after birth?**

We advise you book your encapsulation with your local Specialist at least 2 weeks or sooner before your due date. Contact your Specialist within 12 hours after the birth of your baby, by text or phone. We aim to encapsulate your placenta within 24-48 hours after being notified giving you the benefits of your placenta as soon as we can.

If for any reason we are not available within 3 days after the birth, you must place your placenta in the freezer. We will then book a suitable time to make your placenta capsules. You will need to thaw the placenta slowly in the refrigerator for between 24 - 36 hours before we arrive.

### **How often should I consume my placenta capsules?**

We recommend mothers consume 1 capsule 1-3 times a day during the first 4-6 weeks post-partum or until you feel your hormones have returned to a state of normality. It is said that taking your capsules with white wine helps your body to absorb the nutrients by thinning the blood and increasing the heart rate. You can take 1-2 capsules whenever you feel you may need a 'pick me up' or more energy (usually a sign of low iron) or to boost your breast milk supply. Dosage instructions and storage guidelines are clearly printed on the capsule jars and in your Congratulations Cards supplied to you with your remedies.



## Reported side effects, disclaimer, requirements and circumstances where we are unable to offer services

### Reported Side Effects:

We cannot guarantee results with placenta capsules or any other placenta remedy. Because you are the producer of the ingredient, the quality and potency of your placenta remedies is unique to your own placenta. We highly recommend you follow the care instructions given in this information pack upon receipt of your capsules. Storing your fresh placenta and your placenta remedies as instructed, avoiding TCM capsules when ill and not taking over the recommended dose will reduce your chances of experiencing any side effect. We have listed some of the reported side effects below for your consideration. These side effects were reported by less than 4% of the mothers taking the capsules. Leaving 96% of the mothers reporting no side effects from the capsules.

- Over supply of milk, mastitis and engorgement of breasts
- Headaches (a lower dose is recommended or avoid taking iron supplements with capsules)
- Belching, repeating after taking capsules
- Emotional symptoms similar to PMS
- Gas, bloating, smelly wind
- Loose stools or constipation (this may be caused by the high levels of iron in the capsules and we recommend you do not take iron supplements at the same time as your capsules, or lower your dose)
- Period 'like' abdominal pain
- Pelvic girdle pain (PGP) sufferers feel less relief (we believe this is due to the high level of relaxin hormone in the placenta, which is the cause of PGP)
- Pruritic Urticarial Papules and Plaques of Pregnancy UPPPs pregnancy rash returning after 3 days of consuming capsules. Clients had experienced this rare pregnancy rash prior to placenta consumption.
- Unexplained lack of milk production
- Hot flushes, anxious, jittery feeling combined with headache
- Insomnia when taking capsules too late in the day
- Red spots on face, heat rash, hot flushes
- Hyperactivity

If you experience any type of side effect or adverse reaction when taking your placenta remedies, please contact your GP or midwife and your placenta specialist without delay.

**Disclaimer:** Any advice or information provided by Surrey Placentas regarding Placenta Encapsulation is based on experience, research, documentation and client testimonials from mothers who've used placenta capsules and other placenta remedies for their post-partum recovery. Surrey Placentas is not a medical body and does not claim to treat, cure or relieve any symptoms in pregnancy, birth or post-birth. Surrey Placentas always advises you seek advice from your GP or midwife if you have any problems with your pregnancy, birth or post-birth recovery. Families who choose to utilise the services provided by a Surrey Placentas Specialist takes full responsibility of their own health and for researching and using the remedies provided in this service.

**Requirements:** We require parents to complete and sign the Surrey Placentas' Booking Form before booking the services. We also require parents to complete a Placenta Collection Statement before the preparation of any remedies. This statement allows us to ensure your placenta is safe and suitable for consumption and confirms you have stored your placenta as per our guidelines. Because all births are different we must ensure your placenta meets our food safety policy requirements to ensure we provide you with a safe and quality product.

### Circumstances where we are unable to offer our services:

If you have tested positive for any blood borne disease (HIV, AIDS, HBV, HCV, CJD) or uterine/placental infection we are unable to offer our services. Surrey Placentas Specialists reserve the right to refuse services based on their own assessment of your placenta upon collection. In order to ensure we deliver a quality and food safe product we must ensure our placenta storage guidelines have been met. To prevent disappointment and refusal of services we advise you follow our placenta storage guidelines, most importantly, ensuring your placenta is chilled within 30 minutes after its delivery.

## Appropriate Placenta Care Guidelines



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### INSTRUCTIONS FOR MIDWIVES, DOULAS AND BIRTH ATTENDANTS

- Please ensure a new storage bag (zip-lock/re-sealable and water-tight) and clean placenta storage container with labelled lid is accessible while mum is in labour.
- To prevent contamination, please ensure mum births her placenta onto a clean surface (inco pad or towel) and not inside birthing pool
- MIDWIFE: Before inspecting the placenta please wash your hands and wear new disposable gloves to prevent contamination
- Please place the placenta immediately into the new storage bag then into the clean placenta storage container after inspection, even if it's still attached to baby.
- Please do not put liquid, gauze, utensils or any other foreign objects into the placenta storage container.
- Take note of delivery times and if meconium is present in the amniotic fluid and complete the Placenta Collection Statement provided

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### CLIENT CARE AND STORAGE OF YOUR PLACENTA

**Home births** – Store placenta in a new storage bag (zip-lock/re-sealable and water-tight) inside a suitable lidded container in your home refrigerator within 30 minutes of the placenta's delivery.

**Hospital births** – Store placenta container inside cooler bag/box surrounded with frozen ice packs immediately after cord cutting and within 30 minutes of the placenta's delivery. Please arrange collection of your placenta or transport to a home refrigerator within 12 hours of the placenta's delivery.

**Caesarean Births** – If possible bring the container into theatre or place placenta into a yellow biohazard bag/placenta bag.

At earliest opportunity store in cooler bag on plenty of ice and refrigerate within 4 hours.

**Clients must notify and make arrangements with their Placenta Remedy Specialist as soon as possible and within 12 hours of the birth.**

**Please text or ring Christine Greenwood on: 07593291130 .**



## Placenta Care and Chilling Instructions

### **Chill within 30 minutes of placenta delivery**

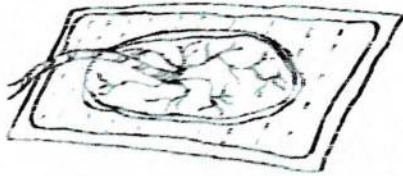
NOTE: Be sure to keep all ice packs in the freezer until your placenta is ready to be packaged.

1. Ensure the placenta is birthed onto a clean surface, i.e. inco pad or clean towel. Allow the midwife to check the placenta for completeness. She should wash her hands and wear clean gloves.
2. Put the placenta into a new storage bag.
  - A Zip Lock or Re-sealable and Water tight type freezer bag.
3. You need 10% volume frozen ice blocks for your cooler (example: 1L ice for 10L cooler bag/box).

If the ice packs have melted, your birth partner should purchase at least 1 large bag of ice from your local petrol garage or supermarket as soon as possible.

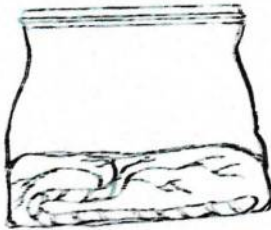
Most midwives will allow you to store your ice packs in the hospital freezer or fridge during labour to keep them frozen.
4. Place the placenta inside the storage bag, then into the pre-labelled container.
5. Place the placenta container inside your cooler box or cooler bag with the ice packs surrounding the container on all sides. (If using bags of ice then try to cover the container as much as possible). Close and seal the cooler box or bag ready for collection.
6. Contact your placenta specialist.

## HOSPITAL BIRTH – HOW TO CHILL PLACENTA ON ICE



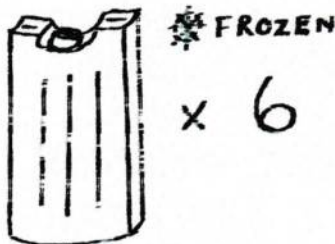
### STEP 1

Birth placenta onto a clean surface, i.e. inco pad or clean towel. Allow the midwife to check the placenta for completeness. She should wash her hands and wear clean gloves.



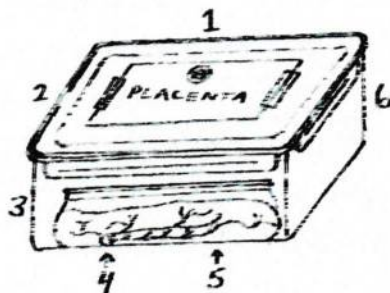
### STEP 2

Put the placenta into a new, large 'zip-lock' food bag.



### STEP 3

You need at least six 400g frozen ice blocks to make up 10% volume of the cooler bag or box. If the ice blocks have melted you must purchase two large bags of ice from your local petrol station or supermarket as a substitute. Some midwives may allow you to store your ice blocks in the hospital freezer during labour.



### STEP 4

Place the placenta food bag inside the food container and close the lid. Check the label includes your details. Put the container inside the carrier bag adding 1 ice block to the bottom, 1 on each side and 1 on the top.



### STEP 5

Tie the bag tightly around the container and ice blocks to secure them tightly. Put the bag inside your cooler bag or box. Keep your bag with you at all times.

Placenta must be transferred to a refrigerator or collected by a specialist within 12 hours after birth.



## Placenta Collection Statement

*To be filled in and handed over with the placenta on collection*

I \_\_\_\_\_ give my permission for the collection of my placenta for the making of placenta remedies by Christine Greenwood, who is representing Surrey Placentas.

I have read the guide on storage of the placenta sent to me by my consultant.

I understand that my consultant is supplying a service to encapsulate my placenta and if requested to create other remedies from that placenta.

I agree that I take full responsibility for the safety and hygiene of my placenta during the time of birth until collection from my consultant.

I agree that in my opinion my placenta is fit for my personal consumption.

I do not hold my consultant responsible for any outcomes due to my decision to have my placenta encapsulated, understanding that my consultant is not responsible for my placenta but only for the processes she employs to carry out the service once she has taken delivery of the placenta.

**Signed:** \_\_\_\_\_ **(Mother)**

**OR**

**Signed on behalf of Mother:** \_\_\_\_\_

**Name and relationship  
to Mother:** \_\_\_\_\_

# PLACENTA – PLEASE DO NOT DISPOSE



*\* This label is intended  
to be used on your  
placenta container  
box.*

**PROPERTY OF:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Placenta Remedies Consultant: Christine Greenwood 07593291130  
christine@surreyplacentas.co.uk**

**This placenta is for consumption and should not be tampered with.**

**Keep on ice or refrigerate immediately after cord is cut.**

**Do not add anything to this container other than saline  
solution if heavy meconium staining has occurred.**

**Heavy Meconium Staining? (please circle after birth)    Yes    No**