

Monica Basile, PhD, CPM, LMT, CCE(BWI), CD(DONA), RMT
Certified Professional Midwife ~ Licensed Massage Therapist
Certified Childbirth Educator ~ Certified Doula ~ Reiki Master Teacher
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Placenta Encapsulation Description

Placenta encapsulation is the process of preparing the mother's placenta after the birth of her baby. The ingestion of the placenta is known as "placentophagy." The purpose of placentophagy by the mother is to reintroduce beneficial vitamins, minerals, hormones, and other nutrients to her body following labor and birth to help restore a more balanced body function, increase breastmilk production, shorten healing time, increase maternal energy levels, and provide an overall feeling of wellness to aid in the transition between pregnancy and the early postpartum period.

Limitations and Disclaimer

I am not a physician 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. Benefits of placentophagy are supported by ongoing research but have not been evaluated by the FDA. Benefits will vary from person to person, and no specific benefits or effects are promised. I can supply you with relevant research on placentophagy. It is your responsibility to determine whether using placenta preparations may be of benefit to you. Placenta services are not meant to be a replacement for medical advice or prescription medicines. If you are experiencing symptoms of postpartum depression, low milk supply, or other medical concerns please speak to your midwife or doctor.

Service Description

I prepare the placenta according to Traditional Chinese Medicine principles. I gently steam the placenta, slice it thinly, and dehydrate it. When it is completely dry, I powder and encapsulate it. At no time are any other ingredients or additives introduced into the process. I maintain carefully sanitized equipment, and I have completed training in bloodborne pathogens. I carry out proper cleanliness and preparation precautions to ensure the highest quality of placenta encapsulation possible. I will provide a detailed written explanation of the proper storing and handling of the finished placenta pills and suggestions for daily ingestion recommendations.

Client Responsibility

It is your responsibility to notify me as soon after the birth as possible to make arrangements for me to carry out the encapsulation. Failure to do so may result in delayed placenta preparation and may cause spoilage of the placenta, which could render it unusable for encapsulation. It is your responsibility to inform me of any known bloodborne illnesses or other health issues that may put me at risk of infection through contact with bodily fluids, such as HIV, Hepatitis, or STIs.

- **If birthing in the hospital:** It is your responsibility to discuss release of your placenta from the hospital, and to ensure its storage in a cooler, refrigerator, or freezer.
- **If birthing at home:** Please ensure that your placenta is refrigerated within 3-4 hours following the birth. If you are practicing lotus birth or other forms of delayed cord clamping past 3-4 hours, the placenta may be wrapped up with ice packs to prevent spoilage. If it will be more than 6 days before the placenta can be prepared, it should be frozen.

There may be circumstances under which your placenta cannot be used. Significant abnormalities of the placenta may necessitate your care provider sending your placenta to Pathology for further examination. Other conditions, such as signs of maternal infection during labor, may mean that consuming your placenta will not be beneficial to you. If in doubt, I will consult with you before proceeding. It is usually possible to claim your placenta after a cesarean birth.

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Fees

The fee for this service is **\$250.00**, which includes the preparation and encapsulation of the placenta, a storage container for capsules, written instructions for storage and handling, and guidelines for taking your capsules. An umbilical cord keepsake is also provided where possible. For Mindful Birthing students and clients of Mother & Child Midwifery, I offer a reduced rate of **\$200.00**. In all cases I request a deposit of **\$50.00** upon signing this contract, with the balance payable upon receipt of your finished capsules. Payments may be made by personal check, payable to Monica Basile, or online through Square.

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, I will refund any fees paid, including the deposit. Once preparation has begun, payment will be due in full, even if you choose not to take the finished capsules.

Printed Name _____ Due date: _____

Address: _____ Phone number: _____

Planning to give birth at: _____

I prefer vegetable capsules _____ I prefer gelatin capsules _____ No preference _____

_____ I prefer to have the placenta prepared in my home
(This option requires me to come to your home on 2 consecutive days. On the first day, I will prepare your placenta to the dehydration stage. It will dehydrate overnight, and I will return the following day to complete the encapsulation. Each visit takes approximately 2 hours. In your home, I will need access to a burner for steaming, a clean and empty sink, and a small amount of counter space. Placenta preparation does produce a mild odor that is unpleasant to some people.)

_____ I prefer to arrange for Monica to pick up my placenta, prepare it in her home, and deliver the capsules to me.

Do you have any bloodborne illnesses (HIV, Hepatitis, STIs, etc.)?

I have read and understood the terms of this agreement.

Signature _____

Please return this contract to Monica, or mail it, with deposit, to:
Monica Basile / Seva Center for Healing Arts / 501 12th Ave. Suite 102 / Coralville, IA 52241

Questions? monicadoula@gmail.com
319-321-7940