

CHECKLIST FOR OBTAINING AND STORING YOUR PLACENTA

- Put it in your written birth plan (if you have one)
- Inform your provider of your intention to keep the placenta
- Inquire about refrigeration and whether or not a container will be provided
- Assign someone (doula, husband, partner) to be on “placenta duty”
- Bring a cooler with ice packs (for storage and/or transport)
- Bring container or 2-3 gallon size ziplock bags, if none provided
- Give birth ;)
- Store in 1.) fridge or 2.) cooler within a few hours of the birth
- Call or text Laura within 12 hours of the birth, or sooner!
413.883.2121