

## Placenta Options

The placenta is adhered to your uterus and is the exchange point between baby and the pregnant person. The placenta removes unneeded waste and brings in nutrients and oxygen to your baby. The placenta does not act as a filter, so there is nothing stored in the placenta. Shortly after your birth (usually 5-20 minutes), your placenta will be delivered as it is no longer needed in the postpartum period. After your placenta is born, the umbilical cord between baby and placenta will be cut. There are a few common things that people do with their placentas, although if you prefer something else entirely - don't hesitate to let us know!

### Medical Waste

Placentas are stored at the facility and picked up quarterly by a medical disposal company. The placentas are treated as medical waste where they are burned/incinerated.

### Donation

Some placentas can be donated.

When placentas are donated they are either used for educational purposes at local schools, typically colleges, in their science classes.

King County Search & Rescue also uses placentas to train K9 dogs to find missing people.

### Placenta Encapsulation | \$150

At the end of pregnancy, the placenta is producing the equivalent of 100 birth control pills worth of estrogen. After delivery, your body is cut off from this supply of estrogen along with many other nutrients and hormones. Many people will experience drastic differences in their mood due to this sudden shift in hormonal changes.

When people choose encapsulation, many people report positive effects of stabilized mood and less fatigue.

The placenta is encapsulated by dehydrating, then powdered, and then put into capsules to consume. Most people take 1-4 capsules per day, although you can take up to 8 capsules per day depending on personal preference/need.

The cost of placenta encapsulation is \$150. Your midwife will begin the process of encapsulation shortly after your birth and then it is typically returned to you between 3-7 days postpartum.

