

Obtaining and Storage

Hospital Tips and Information Sheet



Note: When discussing your wishes with staff, clients have found a “less is more” approach is best. Vague responses that include for cultural, spiritual, or religious reasons are often received well. Its up to you to decide how much or how little you wish to share.

Who to notify and when:

Before the birth: Notify your OB/Midwife of your wishes to keep your placenta and request it to be noted in your chart and/or birth plan. He/she will be your biggest advocate and will ultimately control where your placenta goes after the birth.

At the birth: Advise your nurse that you’re keeping your placenta after the birth and that the placenta is to stay in-room with you as discussed with your birth provider.

After the birth: Call or text Nikole as soon as possible to arrange pick up or drop off of your placenta. Nighttime messages will be answered in the morning. Notify her if there was any infection during birth or if the placenta has left sight.

** If for any reason your placenta leaves the room, make it clear that it should be immediately refrigerated and under no circumstance should it be treated with anything. Ask to have your wishes written directly on the placenta’s container and that the container will be sealed so that you can tell if it has been opened. If your birth provider wishes to send your placenta to pathology, request that a small piece of the placenta be removed in-room and sent for testing.*

What to bring:

Cooler:

Small lunch sized cooler with ice is sufficient but any will do. Some clients prefer soft coolers to allow them to be packed in the hospital bag. If you forget, request a plastic tub from hospital to fill with ice.

Bags/Container:

Most often the hospital provides these for you. You can request to use your own if you prefer. Either two gallon sized ziplocks or a disposable storage container will work best.

Hospital Release:

It is common protocol in most US hospitals to discard the placenta as medical waste, or retain it in the pathology department for period of time prior. There are currently no regulations in New Jersey that state the mother cannot keep her placenta after birth. Some hospitals or hospital staff are uncomfortable releasing placentas since it’s outside the normal protocol. With the right planning and information, you should be able to have it released to you at the time of birth. Its best to contact your hospital in advance to find out their current placenta release policies and any possible steps you may need to take. If your hospital does not allow placentas to be released it may help to offer them a liability release form. You can view the Hawaii state release form here: www.placentaservice.com/resources/Placenta%20Release%20Form.pdf



LifeTree
Placenta Services

Nikole Keller
nikole@lifetreeservices.com
www.lifetreeservices.com
908-875-8076