



Appropriate Placenta Care



INSTRUCTIONS FOR MIDWIVES, DOULAS AND BIRTH ATTENDENTS Care and Storage of a Placenta for Consumption After Birth

- Please ensure a clean placenta storage container with labeled 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, not inside the birth pool.**
- **MIDWIFE:** Before inspecting the placenta please your wash your hands and wear new disposable gloves to prevent contamination.
- Please place the placenta immediately into a clean, lidded 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 container.
- Take note if meconium is present in the amniotic fluid.

Hospital births – Store placenta container inside cooler box/bag on plenty of ice immediately after cord cutting.

- A family member should take the placenta home as soon as possible for refrigeration or within 6 hours after birth.
- **Caesarean births** – if possible bring the container into theatre or place placenta into a yellow biohazard bag. At earliest opportunity store in cooler bag on plenty of ice and refrigerate within 6 hours.

Clients should contact Placenta Specialist within 3 hours after birth to arrange collection.