

## **Under which circumstances would we not want to encapsulate?**

1. If the placenta requested to be taken to pathology for testing. You may ask if they can take a small piece and leave the rest with you. If your whole placenta is sent to pathology, there is no guarantee it will come back to you having been stored at the proper temperature for food consumption or having not come in contact with chemicals directly or through cross contamination. There may be instances where anomalies or abnormalities require the hospital to take the entire placenta, and it will not be made available to you.
2. Certain conditions during pregnancy such as placenta previa, abruption, or accreta can factor into how much placenta you will actually end up with, resulting in a lesser amount of capsules, or not getting your placenta back from the hospital at all such as in a case where a D&C is administered to remove the placenta. Smoking during pregnancy is also a contraindication.
3. If a uterine or amniotic infection (such as chorioamnionitis) presents itself during labour, it is not safe to re-introduce the infection by consuming the placenta.
4. A placenta from a c-section or from a mother who had an epidural, pitocin, certain other drugs, or antibiotics during delivery is still perfectly safe to encapsulate. Any residual drugs left in the placenta are minimal, as drugs pass through the placenta rapidly and are rendered unstable after processing anyway. The only exception to this is magnesium sulfate which is used for constipation during pregnancy, to treat eclampsia, or to halt preterm labour. Many hospitals will not release a placenta if magnesium sulfate was administered the day of or during the birth, as there is some controversy in obstetrics questioning if this is safe to ingest or not.

## **Does everyone experience the same results? Are there any risks or side effects?**

-Placentophagia never provides a guarantee and cannot be used to prevent or treat any conditions. The FDA currently has no regulation on the practice. Those who have this service provided for them take the capsules based on their own research and beliefs and understand the potential of the placenta may not be the same for everyone.

-Since all bodies do not function in the same manner, each woman may be affected differently, and there are no specific studies to make claims regarding benefits or side effects (yet!!). Common experiences are mostly positive, however every body is different and may react differently. Dosage can always be adjusted, and capsules can always be discontinued in the event of undesired effects. The intention of consuming the placenta via capsule form is to support the body during its brief transition from pregnancy hormones to postpartum ones. What I have observed over the years of encapsulating placentas is that very occasionally patients have experienced increased body temperature and mild headaches. Those rare cases were resolved by lowering the dosage.