



**Matilda Doula Services**  
[www.matildadoula.com](http://www.matildadoula.com) ~ 206.399.8506

**Placenta Preparation Agreement**

Yes! I would like to have my placenta prepared by Matilda Doula Services.

I understand that my placenta will be prepared using the **Traditional Chinese Method** and will be steamed, dehydrated, ground-up & encapsulated.

I use vegan capsules.

**Allergy information**, check all that apply:

	Not allergic to	Sensitive, cook with it, but don't consume	Allergic to
Lemon:			
Hot Peppers:			
Ginger:			

**Personal Information: (please print.)**

Name: \_\_\_\_\_ Partner's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Due Date: \_\_\_\_\_

**Birth Care Provider Information: (please print.)**

OB / Midwife (circle one) Name: \_\_\_\_\_

Place of Birth: \_\_\_\_\_

Address where birth will take place: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Payment Method:** \_\_\_\_\_

The cost for your services totals: \$200

I accept cash, Venmo, or checks payable to:

Matilda Lindén



Matilda Doula Services  
www.matildadoula.com ~ 206.399.8506

**Responsibilities:**

I \_\_\_\_\_ agree to the following:

- Arrange for someone to contact Matilda Lindén following the birth of my baby so that she may come and pick up my placenta.
- I will inform my provider that Matilda Lindén will be picking up my placenta, in addition to signing any release forms prior to her arrival.
- Allow Matilda Lindén to take my placenta from the place that I am birthing my baby for the sole purpose of herbally preparing it.

**Matilda Lindén agrees to the following:**

- She will pick up my placenta within twenty-four (24) hours following receiving a call that I have birthed my baby.
- She will take my placenta from the place of birth for the sole purpose of preparing it.
- She will bring the prepared placenta to me within a timely fashion; usually within 48 hours.

**Additional:**

I understand that herbal encapsulations are said to last indefinitely although some say to replace them after 2-6 years to keep a stronger potency medicine on hand. I understand that the process to prepare dehydrated, ground up and encapsulated pills is approximately 2 days.

- I understand that the act of ingesting placenta in any form has not been tested, nor approved by the FDA, and I ingest this at my own risk. Furthermore, I release Matilda Lindén from any and all liability.  
(initial) \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



Matilda Doula Services  
www.matildadoula.com ~ 206.399.8506

## CLIENT KEEP THIS FORM

### **How to contact Matilda when our baby is born**

Please let me know when you are labor. You can either send an email if it is during the night; or you can call or text me if it is during the day. When the baby is born, please contact me again and I will come and pick the placenta up from you at the place of birth. If your baby is born past 9pm I will come and pick the placenta up the following morning.

Matilda Lindén  
(206) 399-8506  
matilda@matildadoula.com

### **How should the placenta be stored/transported?**

Your placenta should go into a fridge or kept on ice as soon as possible after delivery. It is a good idea for you to bring a cooler to store it in, or to transport it if it will be more than 30 minutes from fridge to fridge.

### **How long does the encapsulation process take?**

Typically I start the process the same day I pick up the placenta. I finish the process the following day, and can usually be ready for capsule delivery that afternoon. I will normally deliver your capsules 24-48 hours from the time of pickup.

### **How much to take**

The typical placenta yields 120-170 capsules. I recommend taking a strong “dose” to begin with:

- The first week, 2-3 capsules 2-3 times a day
- The second and third week, drop down to 1-2 capsules 2-3 times a day
- The fourth week, 1-2 capsules twice a day and until they're gone if you wish and feel the need.

If you have any remaining capsules, they can be kept in the freezer for future use.

### **How to store the capsules**

Please store your capsules in the provided dark jar, and keep them in a cool, dark, dry place like a refrigerator or a freezer.

### **What is the shelf life of the capsules?**

It's been said that capsules can be kept and used through menopause; there is ongoing research about that. I recommend it being kept in a freezer if you plan on saving them long term. The potency will be expected to decrease if kept long term.