

New Mama's Guide to
**Placenta
Capsules**
and
**Postpartum
Recovery**



www.placentaassociation.com

Thank You for Your Business

Congratulations on the birth of your sweet baby. I am honored to have been chosen as your placenta service provider. I truly appreciate the opportunity to have assisted your growing family during this precious time.

The Most Important Thing You Will Read on This Page

My services don't end when you get your pills! I'm happy to consult, troubleshoot and answer questions at any time regarding your placenta capsules. Please call, text or email us if you need assistance.

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How to Get Started Taking Your Pills

You can begin taking your pills right away! Typical schedule: Start with 1-2 pills with each meal, up to 6 capsules per day or as needed. Follow the cues of your body and adjust your dosage as necessary. Call with questions.

How to adjust your dose:

- ❖ If you feel okay: keep the dose the same.
- ❖ If you are still feeling unbalanced: call me to discuss increasing or decreasing.
- ❖ If it feels like too much: reduce dose slightly or spread the pills out a little.

Signs that you might want to reduce your dose:

- ❖ You seem to have an oversupply of breast milk.
- ❖ You are sensitive to iron supplements or get mild headaches or stomach aches.
- ❖ You feel like you have too much energy and have a hard time sleeping.
- ❖ Some women are very sensitive to the hormones and nutrients of encapsulated placenta. If that seems to be you, try taking just 1 capsule with a hearty meal.

If you get a fever or mastitis:

- ❖ Taper your pills to zero in one day. For example if you usually take 3 pills, 3 times a day you would take 3 in the morning, 2 midday and 1 in the evening on the day you get sick. Then none the next day.
- ❖ Wait until the fever or mastitis go away and then resume your pills.

If you get a cold or other mild illness:

- ❖ You may choose to keep taking your pills and see how you feel.
- ❖ If you don't seem to be getting better, taper your pills to zero as described above.
- ❖ Wait until the illness goes away and then resume your pills.

General precautions:

- ❖ The maximum dose per 24 hours is six capsules.
- ❖ You should not abruptly stop taking your pills, taper down as needed.

Call, text or email us with any questions or concerns regarding your capsules, tinctures or other placenta items.

Storage & Long Term Use

- ❖ It is always my hope that mothers will use up their pills within the first six weeks of their baby's life. This is the time when your body most needs them.
- ❖ Some women take a full dose for the first week or two and then slowly consume the rest as needed over the first year of their child's life. The choice is up to you.
- ❖ In the first six weeks, cupboard storage is adequate. If for some reason you don't finish them within six weeks, store them in the freezer to maintain freshness.
- ❖ Do not store in a moist environments such as bathroom cabinets, fridge doors or fridges with excess condensation. The desiccant bag helps but doesn't prevent your capsules from absorbing environmental moisture. Moisture can cause spoilage.
- ❖ Keep away from direct sunlight, major heat sources or any areas with frequent drastic temperature changes.
- ❖ A note about long term storage: some women choose to keep their pills for use later in life (cycle returning or menopause). Unfortunately I do not have any data about the safety of long term storage of dried placenta. Since this is desiccated human tissue, not powdered minerals or dried plants like other supplements, please use extreme caution. Think of it like any other food... would you want to consume something stored for that long? There is no guarantee of potency. It is reasonable to assume that the hormones will degrade considerably over time, even in the freezer.

Things to Know About Your Pills

- ❖ Dried placenta has a strong metallic, mineral or gamey smell; this is normal.
- ❖ If you look at the powder it is common to see a lot of variation in color and texture. Some parts of the placenta are pale and stringy when dried (inner fibrous structure, upper membrane), the bulk is usually reddish or yellowish brown. Placenta powder comes in all textures: floury, sandy, coarse, flaky, etc.

Talking to Friends & Family About Encapsulation

- ❖ It's normal for people to be curious or even taken-aback when they hear you are consuming placenta pills. This is a great chance to share the benefits of the placenta!
- ❖ Explain to them that the placenta is a facilitator organ designed to transfer oxygen and nutrients to the baby, therefore it is nutrient rich. It functions similarly to the lungs. It is not a toxic filter like the liver or kidneys.

Also it is a blood-rich organ so your pills are high in iron. The iron is easily absorbed unlike most iron supplements because it is your own.

Breastfeeding & Placenta Encapsulation

Is baby getting enough milk? What to look for in the first six weeks:

- Weight Gain: A 5-7% weight loss in the first 3-4 days after birth is normal. Baby should regain birth weight by 2 weeks. Once your mature milk comes in, average weight gain is 6oz/week. If baby is losing weight, please call your pediatrician and contact a lactation professional such as an IBCLC, CLC or La Leche League leader.
- Wet Diapers: 5-6+ sopping wet diapers per day (after the 1st week). Expect 1 wet diaper on day one of life, increasing steadily each day until reaching 5-6 wet diapers per day by the end of the first week. Urine should be pale and mild smelling.
- Dirty Diapers: 3-4+ poopy diapers per day (after day 4). Stools start as dark meconium, morphing to green then brownish orange, then yellow by day 5. They should be the size of a quarter or larger. Normal breastfed baby poop is yellow, loose, even watery and may be seedy/curdy in appearance.

Even though taking your placenta pills should support a healthy milk supply, do not wait to get help from a qualified lactation consultant if you have breastfeeding concerns including milk supply, proper latch, etc. I've listed some referrals here. Many will help you bill insurance for their services.

❖ Kay Miller LPN, IBCLC®, RLC®, CLD, CCCE, CLE®, CCTE, CHT
www.heavensentsupport.com
816.210.5100
heavensentsupport@gmail.com

❖ Rosemary Boudreaux, RN, IBCLC
816-678-7825,
www.kansascitylactationconsultants.com

Other Breastfeeding Support Services

La Leche League of Greater KC
Free breastfeeding peer support in
the Kansas City Area.
www.llofgreaterkc.org

Helpful Websites
❖ kellymom.com
❖ lilli.org
❖ breastfeedinginc.ca

Dealing With the Baby Blues

Being a new mom has lots of ups and downs. One of the best things you can do is connect with other new mothers. Here are some local mom support groups to check out:

Prairie Village

1st and 3rd Wednesdays

6:30-8:00 pm at 7301 Mission Road, Building A, Suite 315

Teresa (913) 271-4067 or tlm024@yahoo.com.

Lawrence

Thursdays

Call for more information and location details.

10:00-11:30 am

Melissa (785) 505-3081

North Kansas City

9555 N Oak Trafficway

Kansas City, MO 640155

Sara 913-645-8948

Lees Summit

Tuesdays 3-4:30 pm LCS- 300 SE 2nd Street, Lee's Summit, MO

Kelsi 660-351-5162

Postpartum Mood Disorders

If you find yourself struggling with your emotions beyond 2-3 weeks post-birth you may have something more than the baby blues. Postpartum mood disorders are not rare and they interfere with the family's joy over a new baby and interrupt the parent-infant bonding process. Even though some women report taking placenta capsules helps balance postpartum emotions, do not wait to get help from a clinical care provider or a postpartum counselor if your mood is declining. I've listed some referrals here. Sometimes they can help you bill insurance for their services.

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