



## **Placenta Prep Steps to Ensure Safe Practice: Day 1**

1. Take equipment out of storage; wash in hot soapy water and rinse, if needed.
2. Mix up fresh bleach solution in spray bottle, 1 part bleach to 4 parts warm water to create a 20% solution. Ratio is based on bleach that is 5.25% sodium hypochlorite. Note that the disinfecting power of bleach is inactivated by mixing with very hot water and by dirt. Everything must be clean to the eye *before* bleaching.
3. Disinfect surfaces by spraying with a 20% bleach solution, ensuring that surfaces remain wet with solution for a minimum of 10 minutes. Thoroughly clean all work surfaces with hot soapy water, rinse. Cover work spaces with chux pads for extra protection.
4. Set up all gear and workspace, ensuring arm's reach access to all gear needed. Ensure gloves are readily accessible. Ensure garbage is readily accessible. If steaming placenta, prepare steaming pot with herbs and steaming water. Line dehydrator trays with parchment paper. (Once set up, it should be unnecessary to touch anything but sink faucet, work surface, and necessary gear.)
5. Don personal safety equipment: apron, eye protection, nose and mouth mask, and gloves. Restrain hair if necessary.
6. Prepare placenta for steaming, if applicable.
7. While placenta is steaming, do preliminary cleaning of workspace, including spraying sink and faucet with bleach solution.
8. Slice placenta, using clean disposable cutting board, cutting tool and apron; transfer strips/pieces to parchment-paper-lined dehydrator tray.
9. For washing gear, either two sinks are necessary. I use a big bin for the bleach bath.
10. Rinse all gear under running hot water. Submerge in a 10% bleach solution (1:9 bleach:water) for a minimum of 10 minutes. Water for bleach solution should be warm, not hot. Use separate gloves for washing and for touching bleach solution. After bleaching, wash all equipment in hot, soapy. After rinsing, place all equipment in dishwasher. Spray down all surfaces with 20% bleach solution; allow surfaces to stay wet for minimum of 10 minutes. Wash all surfaces with hot soapy water and rinse. Scrubby, is discarded.
11. Double-bag garbage. Mop floor with hot soapy water and cleaning solution.



## **Placenta Prep Steps to Ensure Safe Practice: Day 2**

1. Make sure all work surfaces are clean.
2. Set up all gear and workspace, ensuring arm's reach access to all gear needed. Have empty capsules, capsule machine, and jar ready. Once set up, it should be unnecessary to touch anything but work surface and necessary gear.
3. Don personal safety equipment: apron, eye protection, footwear, gloves, nose and mouth mask. Restrain hair if necessary.
4. Grind placenta strips/pieces and encapsulate powder. Dust capsules, count, and transfer to jar.
5. Discard leftover empty capsules. Discard parchment paper used to line trays and chux pads used to cover work spaces. Double-bag garbage.
6. Submerge all gear in a 10% bleach solution for a minimum of 10 minutes. Wash all gear in hot soapy water and rinse. Place all gear in dishwasher. Spray down all surfaces with 20% bleach solution; allow surfaces to stay wet for minimum of 10 minutes. Clean all surfaces with hot soapy water and rinse. Scrubby is discarded.
7. Mop floor with hot soapy water and cleaning solution.