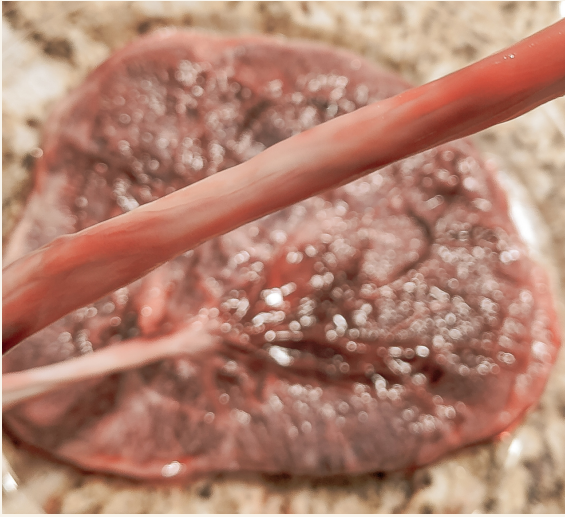


# Delayed Cord Clamping

"Late clamping (or not clamping at all) is the physiologic way of treating the cord, and early clamping is an intervention that needs justification. The "transfusion" of blood from the placenta to the infant, if the cord is clamped late, is physiological, and adverse effects of this transfusion are improbable...but in normal birth there should be a valid reason to interfere with the natural procedure."

-World Health Organization



## BENEFITS

- GIVES BABY 1/3 OF THEIR BLOOD VOLUME
- DECREASED NEED FOR BLOOD TRANSFUSION
- LOWER INCIDENCE OF HEMORRHAGE (EXCESS BLEEDING)
- DECREASE IN BLEEDING WITHIN THE BRAIN
- INCREASE IN STEM CELLS FOUND IN BABY
- HIGHER HEMOGLOBIN, REDUCTION IN ANEMIA

## What is delayed cord clamping?

The art of allowing the physiologic process of birth to take place.

Immediate cord clamping, has increased the need for blood transfusions, increased bleeding in the brain and increased hemorrhaging. Immediate cord clamping is standard in most hospitals. Delayed cord clamping waits until the placenta has been delivered and detached from the uterine wall before clamping. This ensures that baby has received a full blood transfusion, increased stem cell count and reduced chances of anemia. Organizations such as the World Health Organization and Doulas of North America work to raise awareness of the benefits of delayed cord clamping, to improve newborn health.

## When to cut the cord:

Unless there is a medical emergency, you can allow upwards of an hour for the placenta to detach from the uterus and come out. Clamping the cord will interfere with the baby's first natural blood transfusion. Delaying cord clamping until after the placenta is out improves baby's postpartum outcomes and decreases the need for a blood transfusion.

## Ways to sever the bond:

### Scissors

Clamping the cord to stop blood flow from placenta to baby followed by cutting the cord with scissors.

### Lotus Birth

Leaving the placenta attached to baby until it dries off naturally. This is called a lotus birth.

### Cord Burning

Using a candle to burn through the placenta. This can only be done once baby has received all of the blood from the placenta.

\*The cord can be cut by a family member.

\*Make sure to tell your midwife or care provider that you would like to delay cord clamping early on in your care. You may also wish to have your partner or doula make sure that it does not get forgotten in the moment of birth.