



Decision Making for Pregnancy and Birth

When you need to make a decision about your care, the law says that your doctor or midwife should give you the information you need to help you make a decision that is right for you. This is **informed consent**.

- You must be given clear and factual information.
- We should discuss both the risks and benefits of the options with you.
- You should not feel pressured to make a decision.
- You can say no to procedures/treatments and interventions offered to you.

Once you have all the facts, you are the best person to make the decision that is right for you.

The **BRAIN** tool can help with decision-making conversations

B BENEFITS	▶	What are the benefits of this procedure?
R RISKS	▶	What are the potential risks to me or my baby?
A ALTERNATIVES	▶	What are the other options? How do they compare?
I INTUITION	▶	How do I/we feel about this? What do I/we understand?
N NOTHING	▶	What if I/we do nothing for now? Is there time for me/us to think about it?

Everyone is different and your previous history and your personal circumstances will influence your decision.
Your Doctors and Midwives will look after you, whatever you decide.

For more information on supported decision making, please speak to your Midwife/Doctor.