

B.R.A.I.N.

INFORMED DECISION GUIDE

B

BENEFITS

What's the problem that we're trying to identify, prevent or fix? Am I having this problem or just trying to prevent a problem? How might it positively impact me and/or my baby? How is the test or procedure done and how likely is it to succeed?



R

RISKS

What are the risks of side effects to this procedure for me and/or my baby? How are they handled? Are there other trade-offs or disadvantages such as other interventions that would be necessary to maintain safety? What's the cost?



A

ALTERNATIVES

What other options are available? Can I delay the treatment or what happens if I decide not to do it? What are risks and benefits of the alternatives and how effective are they?



INTUITION

Do I have a gut feeling about this decision? How am I feeling about it? Is there time to take 5 minutes to think about it and discuss it with your partner or others you trust?



N

NEXT STEPS

If the procedure or test identifies or solves the problem, what can I expect to happen afterward? If it doesn't, what will need to happen next?

