

(RE)BIRTHING COLLECTIVE

Doula Services, Childbirth Education & Prenatal Yoga

www.rebirthingcollective.org

INFORMED CONSENT QUESTIONS

These questions are useful to facilitate communication with your caregivers, in the event they are presenting a procedure or test they would like to do:

- 1) Is this an emergency or do we have time to talk?
- 2) What are the benefits?
- 3) What risks does this potentially pose to mom and to the baby?
- 4) If we do this, what other procedures or treatments might we end up needing as a result?
- 5) What other options could we try first? Instead?
- 6) What would happen if we waited?
- 7) What would happen if we didn't do this at all?
- 8) What is the error rate of this test?
- 9) Could we please have some time to talk this over privately?

These questions can help you gather the information you need to make an informed choice about what is being proposed. Unless in the event of a true emergency, you always have the option of asking for time to discuss what is being presented to you.

If you find yourself forgetting some of these questions, just remember BRAND:

- B - benefits (what are the benefits?)
- R - risks (what are the risks?)
- A - alternatives (what are the alternatives?)
- N - nothing (what if we do nothing?)
- D - decision (let them know your decision)