

Decision Making in Childbirth

A Quick Guide

B.R.A.I.N.

Benefits – How does this procedure benefit myself or my child? What is different about my situation you feel this is necessary?

Risks – What are the risks of this procedure? How will it require my labor to change? What other procedures “piggyback” this one?

Alternatives – What can be done instead of what is being suggested? Is there a less invasive option? What is the least invasive option?

Intuition – What is my gut telling me? How would I feel about what is being suggested if I was alone?

Nothing – What happens if we do nothing? What if we wait an hour, a day, a week? If we wait, will my situation change?