

Self-Advocacy and Informed Consent

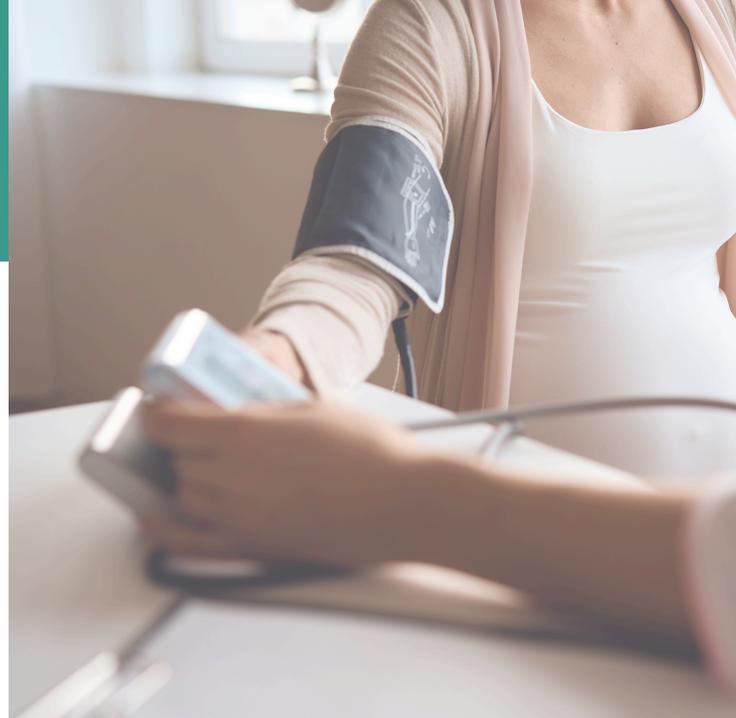
You have the right to make informed decisions about your medical care. With the exception of emergencies (where you or your baby's life is in danger), you can always ask for more information and time to thoroughly consider all your options with your trusted support team.

Informed Consent Means:

- Having a conversation with you about your options and their pros and cons.
- Having an opportunity to ask questions, and your questions are answered to your satisfaction.
- Treatment decisions are discussed with you before proceeding, and you feel like your decisions are respected.

Tips on Advocating for Yourself

- Be an active participant in your care! Ask questions and voice your concerns.
- If you have questions in between prenatal visits, write them down so you remember to ask your doctor/midwife.
- If you have any symptoms, take notes on what happened so you can explain them to your doctor/midwife.
- If you feel like you're not being heard, consider switching to a new doctor/midwife.



Informed Consent is NOT:

- Ignoring, glossing over, or refusing to discuss your choices and their pros/cons.
- Being dismissive of your questions, refusing to answer, or answering your questions in vague or confusing terms.
- You're not given any time to discuss your options with your trusted support team.
- Pressuring you into consenting or making you feel afraid not to go forward with a recommended treatment.
- Making decisions about treatments or procedures without informing or discussing them with you.

Use BRAIN to help make informed decisions about your care:

BENEFITS

How will this help me or my baby?

RISKS

What are the risks to me or my baby?

ALTERNATIVES

What are my options?

INTUITION

What does my inner voice say?

NOTHING

What happens if I do nothing for now, and take time to think about it or talk to my family?