



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

INFORMED CONSENT

If you find yourself unsure about a course of action being recommended during labour, then listed below are a number of questions which may help you and your partner make a decision.

- Is this an emergency or do we have time to talk?
- What would be the **BENEFITS** of doing this?
- What would be the **RISKS** and how common are they?
- If we do this, what other procedures or treatments might we need as a result?
- What happens if it doesn't work?
- What else could we try first or instead – are there any **ALTERNATIVES**?
- How does your Intuition tell you?
- What does your "gut reaction" tell you? You are normally right!
- What would happen if we waited an hour or two before doing it?
- What would happen if we did **NOTHING**?

It might help to remember the above as **BRAIN**:

BENEFITS

birthmatters

AT THE START OF FAMILY LIFE



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RISKS
ALTERNATIVES
INTUITION
NOTHING