

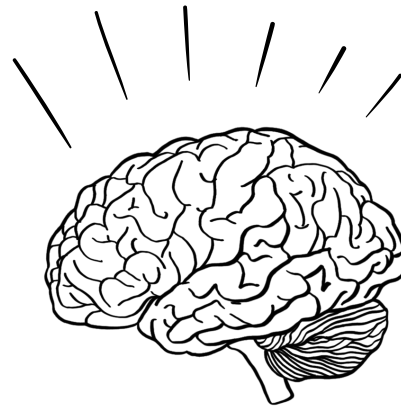


USING YOUR B.R.A.I.N.

when making decisions

When determining whether a test, procedure or intervention is right for you, the acronym B.R.A.I.N. can be very handy to remember. It stands for:

Benefits
Risks
Alternatives
Intuition
Nothing



This acronym summarizes some of the most important points to consider when making a decision about your prenatal care and birth. You don't have to make decisions immediately when presented with them, and you have every right to take some time and think thoroughly before deciding. At minimum, hitting these five points will give you a better understanding of a subject.

What does each part of the B.R.A.I.N. acronym mean? Let's break this down.

When making a decision, consider the following:

> **BENEFITS**

In what ways will this test or procedure benefit you? How likely are you to experience that benefit?

> **RISKS**

What are the risks of this test or procedure? How likely am I to experience an adverse outcome?

> **ALTERNATIVES**

Are there alternatives to this test or procedure? What are they? How effective are they? What are the risks & benefits?

> **INTUITION**

What does your intuition (your gut) tell you? Do you feel like this is the best choice for you? Or does it make you uneasy?

> **NOTHING**

What happens if you just do nothing? What happens if you wait a little while to decide?