

[M]OTHERBOARD RESOURCES

# INFORMED DECISIONS



## You have a legal and ethical right to make informed decisions.

Sometimes called “informed consent,” this process is where your midwife, doctor, or other care provider sits down with you and discusses the pros and cons of all your options.

Remember, just because you are informed does NOT mean you have to “consent” to the recommended treatment. With “informed consent” comes “informed refusal,” or choosing a different path entirely.

Barring an emergency, you can ALWAYS ask for more information and more time to consider your options.



## Use Your BRAIN

Use this handy acronym to help you make educated medical decisions

Stickers available on our website at  
[www.motherboardbirth.com](http://www.motherboardbirth.com)

## STEPS OF INFORMED CONSENT

1. Your provider tells you about ALL of your options
2. Your provider explains the benefits and risks of each option (including not doing the recommended treatment)
3. You have a chance to ask questions
4. You receive answers to your satisfaction (not theirs)
5. You have time to think and discuss with your support team (if possible)
6. You share your decision with your care team
7. That decision is honored and respected



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## QUESTIONS FOR YOUR PROVIDER

1. HOW - How will you know xzy situation is happening?

Example: “How will you know my baby is stuck and not progressing? If I meet some of those milestones in a certain time period can we avoid using pitocin?”

2. WHAT IF - What if we try something else for a while and reconsider?

Example: “What if I walk up and down stairs for 45 minutes and then we can reconsider pitocin if my contractions are still stalled?”

3. WHO - Who is technically “in charge”?

You have a legal right to autonomy over your own body and your baby. It can seem like you are powerless and have limited options, but no one can force you to do something against your wishes unless they go through legal channels to do so.

**Always try and keep conversations positive and collaborative. Assume the best possible outcome of your conversation. But if you truly can't come to an agreement with your care team, request to speak to a Patient Advocate to help mediate.**

## NOTES:

