



B

**Benefits**

Ask what the procedure, intervention or recommendation is intended to achieve and how it could **benefit** you or your baby.

R

**Risks**

Ask about the potential **risks**, disadvantages or side effects associated with the option you're considering.

A

**Alternatives**

Asking about **alternatives** can help you understand the different possibilities before deciding what feels right for you.

I

**Intuition**

Information and professional expertise matter, but your **feelings, priorities** and **previous experiences** matter too. Give yourself an opportunity to consider how you feel about the options you've been given.

N

**Nothing**

What happens if you decide **not to** go ahead? What might happen if you wait?

S

**Stop/Slow**

Can you **stop or slow down** the procedure once it has started? Before agreeing to a procedure or intervention, you may want to understand what happens if you change your mind.