



# Making decisions about your maternity care

Medical staff have to give you all the information about your care options. Then you can make the best decision for yourself. This is called informed consent.

## Words we use



**Maternity Care:**  
Care during pregnancy.



**Midwife:**  
Nurse who takes care of a person during their pregnancy and birth of their child.



**Information must be clear**  
All information from your midwife or doctor should be given in away you understand.

## B.R.A.I.N.S can help you ask questions



**Benefits**                      How would the treatment help?



**Risks**                              What might go wrong?



**Alternatives**                      Are there other options?



**Intuition**                              You know what's best for you.



**Nothing**                              Do nothing now, take time to think.



**Second opinion**                      Who else can you ask?





### Information about risk

Medical staff must clearly explain the benefits and risks of every treatment.



If risks haven't been explained, or you don't understand, ask your midwife or doctor for more information.

### Information about risk



You do NOT have to take your doctors' or midwives' advice.



If you do feel forced you can speak to another doctor or midwife.



You can ask someone you trust to talk to your care team with you.



### You can say no

You can say no to any treatment. Your decision will be respected.

### You are the best person to make your own decisions



You know yourself the best.



You know your history and current lifestyle.



You can change your mind at anytime.



Your doctor and midwife will help you create your personal care plan.



They will support you with whatever you decide.