When making important healthcare decisions, use your BRAIN:

- **BENEFITS**: What can I expect if I choose this option? When would we see results?
- **RISKS**: What are the possible side effects? How can we reduce the risks of problems?
- **ALTERNATIVES**: Does this respect my values + preferences? What are my options?
- **INFORMATION**: Do I know everything that I need to know to make an informed decision?
- **NOTHING**: What are the risks of waiting to make a decision? What if we do nothing?

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