

Don't forget to use your
BRAIN!

B - Benefits What are the benefits of this procedure?
How can this positively affect the baby?

R - Risks What are the risks to consider?
What other procedures may follow this?
Will this change how I am required to labor?

A - Alternatives What are the alternatives?
Are there other options?

I - Intuition What does your gut tell you?
How does your partner feel?

N - Nothing What if we choose to do nothing?
Can we make a decision in an hour?

