

Informed Choice

By Leanne Palmerston
Hamilton Doula

Informed Choice = Informed Consent = Informed Refusal

Your body and your baby are sacrosanct. You have the right to consent to and refuse anything that interferes with your body or your child's body. As a pregnant woman this means many things.

It means that you have the right to be consulted before someone touches you. No person should give you an internal exam without first asking your permission.

No person should manipulate your cervix without your prior consent.

No person should pressure you into attempting induction unless it is medically necessary.

No person should pressure you to dilate faster for his or her own convenience.

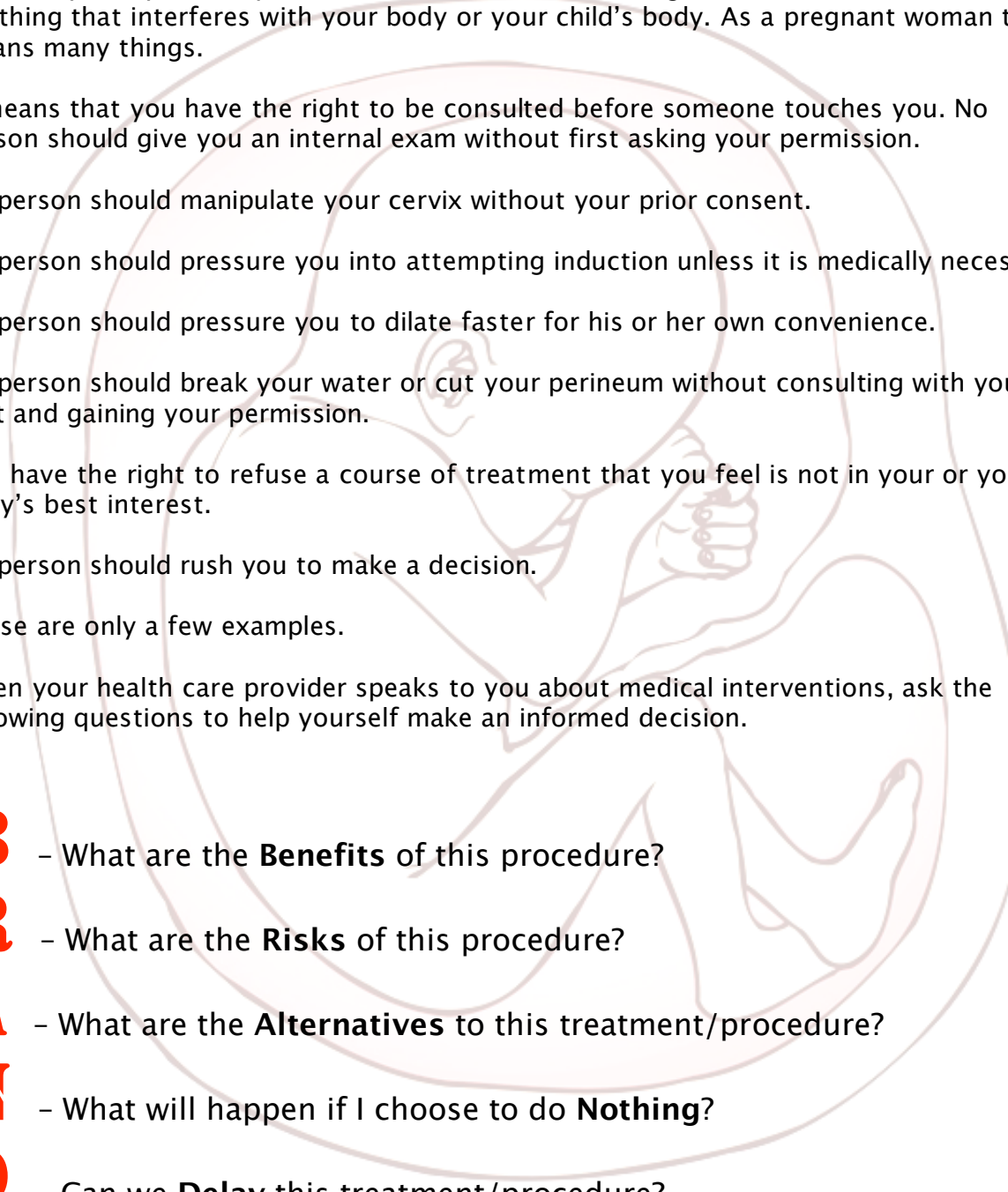
No person should break your water or cut your perineum without consulting with you first and gaining your permission.

You have the right to refuse a course of treatment that you feel is not in your or your baby's best interest.

No person should rush you to make a decision.

These are only a few examples.

When your health care provider speaks to you about medical interventions, ask the following questions to help yourself make an informed decision.

- 
- B** – What are the **Benefits** of this procedure?
 - R** – What are the **Risks** of this procedure?
 - A** – What are the **Alternatives** to this treatment/procedure?
 - N** – What will happen if I choose to do **Nothing**?
 - D** – Can we **Delay** this treatment/procedure?