



**BRAINED** is an acronym for remembering what questions to ask your provider, your doula, and ***most importantly*** yourself when being offered or confronted with a procedure or medication during pregnancy, labor, or after your baby's birth.

**B**enefits – What are the benefits to doing this?

**R**isks – What are the risks involved? (Ask to see an informed consent form or the package insert of the medication if available to actually read over the information.)

**A**lternatives – What else could we do or try?

**I**ntuition – What is your heart, head, or spiritual intuition telling you to do?

**N**othing – What happens if we do nothing?

**E**valuate (This is where the time to think part comes in. Give yourself time to think about it and don't allow others to pressure you.)

**D**ecide – Make your decision and own it! It was your informed decision and you must accept the consequences or outcome of that decision, good or bad, because you have made an informed choice.