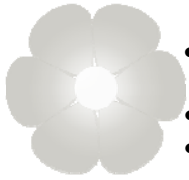




## Informed Choice

Your body, and thus, your unborn baby, are intertwined. You have both federally and State protected rights under Patients' Bill of Rights. You have the right to consent or refuse anything that interferes with your body or your child's body. As a pregnant or laboring woman this can be presented in the following scenarios:

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- You have the right to be consulted before someone touches you, including blood draws, BP measurements, EFM, and the like.
  - No person should give you an internal exam or manipulate your cervix without your prior consent
  - No person should attempt to pressure you into attempting induction unless it is medically necessary and should then provide medical documentation of this need.
  - No person should attempt to pressure you to dilate faster for the convenience of the care provider or your place of birth.
  - No person should attempt to pressure you into a surgical birth for the convenience of the care provider or your place of birth.
  - No person should put time constraints on your labor and birth unless it is medically necessary and should then provide medical documentation of this need.
  - 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
  - You have the right to a second opinion.
  - You have the right to checking yourself out of a hospital.
  - You have the right to have a support person and/or advocate that is not affiliated with the hospital with you at all times.
  - You have the right to have your basic needs met (i.e. nourishment, hydration, bathroom, etc..)

When your health care provider talks to you about medical interventions, this easy acronym can help you to remember what questions to ask for full and informed choices/decisions:

**B** – What are the **Benefits** of this procedure?

**R** – What are the **Risks** of this procedure?

**A** – What **Alternatives** are there to this treatment/procedure?

**N** – What will vs might happen if I choose to do **Nothing**?

**D** – Can we **Delay** this treatment/procedure?

For more information, please visit: [http://www.motherfriendly.org/pdf/MFCI\\_english.pdf](http://www.motherfriendly.org/pdf/MFCI_english.pdf)

For Texas Patient's Bill of Rights: [http://www.utsouthwestern.edu/vgn/images/portal/cit\\_56417/30/25/225947billofrights.pdf](http://www.utsouthwestern.edu/vgn/images/portal/cit_56417/30/25/225947billofrights.pdf)

More information on Texas Patient's Bill of Rights: <http://www.dshs.state.tx.us/mhservices/pdf/404-E%20MH%20Rights-Bill%20of%20Rights%20English.pdf>

Federal Patients' Bill of Rights: [http://en.wikipedia.org/wiki/U.S.\\_Patients%27\\_Bill\\_of\\_Rights](http://en.wikipedia.org/wiki/U.S._Patients%27_Bill_of_Rights)