



BRAIN decision making tool

B **Benefits**
What are the benefits to both me and baby?
What is the evidence?

R **Risks**
What are the risks to both me and baby?
What are the actual numbers (not relative percentages)?

A **Alternatives**
Are there any alternatives?

I **Instinct**
What is my gut telling me I should do?

N **Nothing**
What happens if we do nothing?
Could I get additional monitoring instead?
Can I change my mind later?
Do I need to decide right now?