

B.R.A.I.N.

Assessing Interventions

In labor, there are many interventions that can come into play. An intervention is anything done to your body during your labor process and even before labor happens. Knowing what these interventions are and what the B.R.A.I.N. truly is will increase your chances of having a little to no intervention vaginal birth.

Use this worksheet to fill out the B.R.A.I.N. for each intervention you may encounter during your pregnancy and birth.

B Benefits	What are the benefits of this intervention, option, procedure? How does it benefit me and baby?
R Risks	What are the risks of this intervention, option, procedure? How may it affect baby and I negatively?
A Alternatives	Are there other alternatives to this intervention, option, procedure? How do they compare to XYZ? Are they gentler or more invasive?
I Intuition	Ask yourself how you personally feel about the situation? What does your momma gut say?
N Nothing	What happens if we do nothing? Is it safe? Is it possible things can change? What if we wait? How long is it reasonable to wait for me to decide?

If you lose your B.R.A.I.N., don't forget your B.R.A.

B.R.A.I.N.

Cytocec/Misoprostal

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Cervadil

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Sweeping Membranes

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Evening Primrose Oil (EPO)

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Foley Bulb

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Breaking Water

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

B.R.A.I.N.

Pitocin

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

IUPC

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

FSE

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Fentanyl

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Nitrous

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	

Epidural

B Benefits	
R Risks	
A Alternatives	
I Intuition	
N Nothing	