



Royal Berkshire  
NHS Foundation Trust

# Consent for gynaecology tests or treatment

Information for women about  
consent and shared decision  
making

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## **This leaflet provides information for those who have been asked to give consent for a procedure or test.**

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### **Before any treatment**

The clinic nurse or a doctor will explain all about the proposed test or procedure. They will then ask you to decide if you want or not. This is called 'giving informed consent'.

### **The clinic nurse or a doctor will:**

- clearly explain the test or treatment;
- tell you the pros and cons;
- discuss what will happen if you decide not to have a test or procedure;
- tell you where to get more information to help you make up your mind (for example an information sheet or video clip link);
- give you time to think before you decide;
- check you understand your choices and what they mean;
- document the discussion and your decisions in your electronic health record.

### **You can decide:**

- to have all the tests or procedures, or;
- to have only some of them, or;
- to have none of them.

**After you have decided**, you can change your mind later if you have second thoughts.

## Remember:

- Your relatives or partner cannot decide for you.
- If you want a treatment, they cannot stop you having it.
- If you do not want a treatment, they cannot insist that you have it, even if they do not agree with your decision.

## What happens in an emergency?


In an emergency, if you cannot give your consent, the medical team will give you treatment to save your life or prevent you getting worse. Where possible, the team will ask your next-of-kin or an appointed Lasting Power of Attorney about your care.

Information on individual procedures are available on request.

### Making a decision

## Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.






### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over RCT. Patient Education and Counselling, 2011;84: 379-83

<http://www.advancingqualityalliance.nhs.uk/SDM/>

## Further information

You can get more information by following the links below;

- <https://www.birthrights.org.uk/factsheets/consenting-to-treatment/>
- <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pi-understanding-risk.pdf>
- <https://aqua.nhs.uk/resources/shared-decision-making-ask-3-questions/>.

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**Please ask if you need this information in another language or format.**

S Philip, Consultant O&G, February 2022

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