

It can be daunting having an appointment, but this leaflet will help you to get the most out of yours.

Sometimes there is more than one treatment available.

Here are four questions you might want to think about at your appointment.

**What are the Benefits?**

**What are the Risks?**

**What are the Alternatives?**

**What if I do Nothing?**

If you choose not to have treatment now, it does not mean you cannot change your mind at a later stage. We know circumstances and conditions change.

You can talk with your healthcare professional about how to seek support later if you decide to do nothing now.

You may want to talk over all your options with family or friends. It's also helpful to think about what affect these options will have on you and your lifestyle.

If there is anything you are unsure about, please ask.

Please use this as a reminder to ask questions about treatment.

Make the most of your appointment using the BRAN questions:

What are the **Benefits**?

What are the **Risks**?

What are the **Alternatives**?

What if I do **Nothing**?

# Make the most of your appointment

Helping you make the right choice using **BRAN**



**Benefits**



**Risks**



**Alternatives**

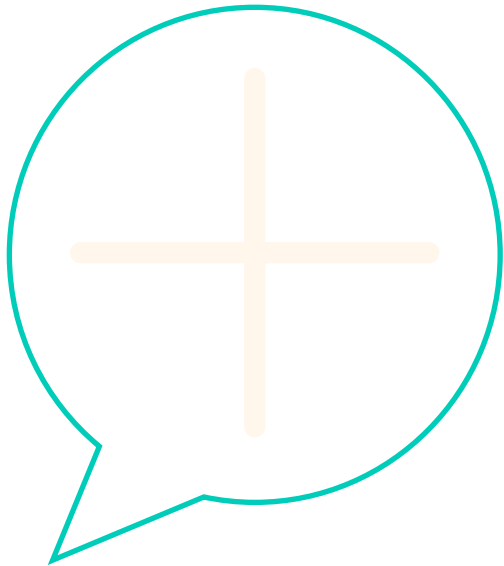


**Nothing**

# Use the speech bubble under each section to write down any questions to take to your appointment

## What are the **Benefits** of the treatment?

- What can I expect to gain from the treatment?
- What is the chance of the treatment being successful?



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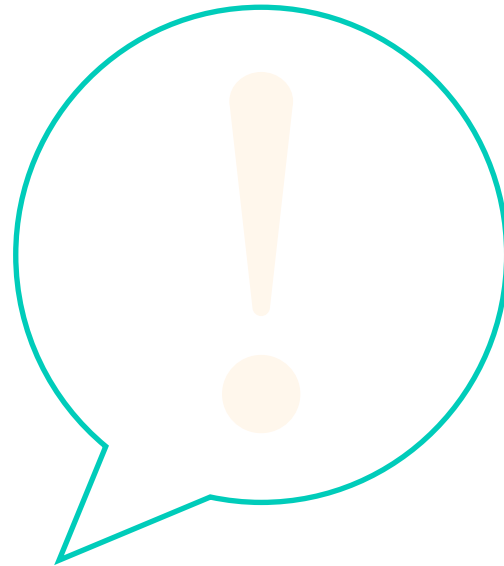
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## What are the **RISKS**?

- What is the chance the treatment won't work?
- What are the possible side effects?
- What are the possible complications?
- How might the treatment affect my quality of life?



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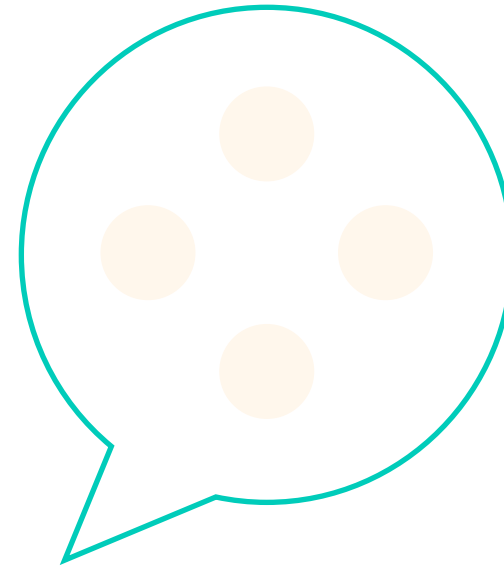
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## What are the **Alternatives** to this treatment?

- What are the other treatment options?
- What are benefits and risks of the other treatment options?
- Which treatment options should be used first?



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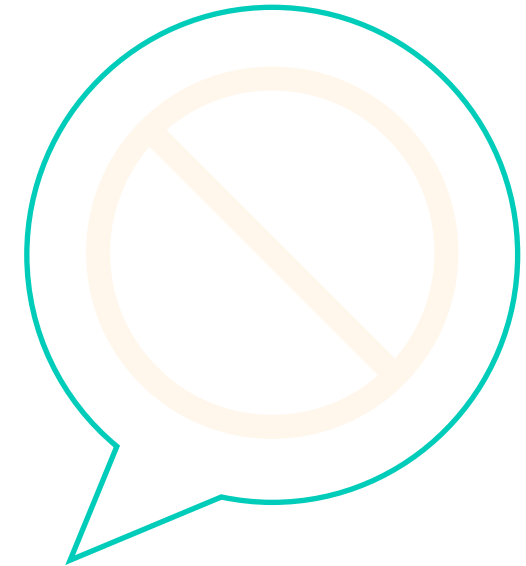
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## What if I do **Nothing**?

- How will my condition change if I don't have treatment?
- Will my condition be more difficult to treat later?



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