

# ADVOCATE FOR YOURSELF

in healthcare settings



## 3 Key Questions to ask BEFORE agreeing to any medical procedure:

1. **What are my options** and what does each of them involve?
2. **What signs/symptoms** am I showing that have led you to this decision?
3. **What do you expect to happen** if I choose to wait or if I take no action?



## KEY THINGS TO LOOK OUT FOR

### Green Flags

- ✓ The Doctor explains Pros and Cons clearly
- ✓ You are given a choice between paths
- ✓ Your concerns are listened to & questions answered clearly
- ✓ You feel confident in understanding your choices



### Red Flags

- ✗ You are pressured to sign or decide immediately
- ✗ Questions dismissed or answered vaguely
- ✗ You are discouraged from getting a second opinion
- ✗ Told “standard procedure” without explanation for your case

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