

**It's OK to Ask**

What are the benefits of my treatment?

What are the risks of my treatment?

What if I do nothing and decide against treatment?

What are alternative treatments?

You can make the best decisions around your care and treatment with your Healthcare Professional (HCP).

But it is important to remember **It's OK to Ask**

**By the end of your appointment you should be able to understand: the benefits and risks of your treatment; alternative treatments available; and what happens should you decide against your planned treatment.**



Scan the QR code or find out more at  
<https://notts.icb.nhs.uk/your-health/personalised-care-2/its-ok-to-ask/>



**Life Choices**

Co-production in action

<https://notts.icb.nhs.uk/your-health/personalised-care-2/my-life-choices/>