

# What is Informed Consent?

Now, a Health Minute.

Before you have a procedure or treatment, your healthcare provider needs your informed consent. This process makes sure you fully understand what's going to happen.

Your healthcare provider will talk with you about the procedure. They will go over its risks and benefits. They will also talk with you about other treatment options, and their risks and benefits, too.

During this time, don't be afraid to ask questions and make sure all your concerns are addressed. You'll then sign a form giving your permission for care.

Informed consent helps you take an active part in your care. You and your healthcare provider make sure the treatment you're having is the best one for you.