



## Consent - it's up to you

When a doctor, nurse or therapist asks you to agree to any form of examination, treatment or care, remember you have a choice. You are always free to say no, or to ask for more information before you make up your mind.

Before you have an examination or any treatment, they must seek your **consent** or permission. Sometimes they will ask you to sign a form, depending on the seriousness of what they're proposing or whether it carries risks as well as benefits.

It does not matter so much **how** you show consent: whether you sign or say you agree. What is important is that your consent is genuine or **valid**.

### That means:

- you must be able to give your consent
- you must be given enough information to enable you to make a decision
- you must be acting under your own free will and not under the strong influence of another person
- if at any time you wish the treatment to stop for any reason, you may withdraw your consent by asking the clinician to stop.

English law assumes that if you are an adult you are able to make your own decisions, unless this is proved otherwise. As a patient you have the final decision on anything that affects you.

## Questions you may want to ask

