To help make sure you have all the information you need to make the right decisions about your care, please ask your healthcare professional:

- Do I really need this test, treatment or procedure?
- What are the potential benefits and risks?
- What are the possible side effects?
- Are there simpler, safer or other treatment options?
- What would happen if I did nothing?

https://www.nhsggc.org.uk/realisticmedicine/