



# Death with Dignity Checklist

## Do You Qualify?

- Resident of Washington (contact us for more information if you are out-of-state)
- 18 years of age or older
- Mentally competent to make an informed decision at the time of your request
- Terminal illness with life expectancy of 6 months or less
- Able to self-ingest the medications (contact us if you are unsure)

## Requirements of the Law

- An Attending Physician (AP) who writes the prescriptions
- A Consulting Physician (CP) who verifies the diagnosis and prognosis
- Two oral requests for DWD with a minimum of 15 days between
- A written request for life-ending medications (on our website)

## Step-by Step Instructions

- Step 1. Make a clear request to use the WA Death with Dignity law to an MD or DO and be sure it is recorded in your medical chart.
- Step 2. Identify and see an MD or DO who is willing to act as the Attending (Prescribing) Physician.
- Step 3. Identify and see an MD or DO who is willing to act as the Consulting Physician.
- Step 4. After seeing both AP and CP, complete the written request for medications and return it to the AP. Note: Be sure it is witnessed by two people at the time of signing.
- Step 5. At least 15 days after the first oral request was recorded, make a second oral request for DWD to the Attending Physician.

## Medications – (no matter which you choose, your experience is peaceful)

- Seconal (approximate cost \$3200)
- DDMP<sub>2</sub>/DDMA – a compounded mixture of digoxin, diazepam, morphine and propranolol or amitriptyline (approximate cost \$750)
- Medications are mixed in 2-4 ounces of liquid (alcohol recommended) and ingested

## End of Life Washington Services

- Our volunteers can help you find supporting physicians
- Our services are free
- Our volunteers can be there for you and your loved ones should you decide to take life-ending medications, so your final moments are burden-free for everyone present
- Submit an online support request form under “Contact Us” at [www.endoflifewa.org](http://www.endoflifewa.org) or call us at 206.256.1636, option 1