



Step-by-Step Instructions for Taking Life-Ending Medications

Note: If these directions are not followed, the process may take longer or may not work.

1. **Starting 12 hours prior to taking the medications**
 - a. Discontinue regular medicines, except those for pain or comfort. Do not take laxatives or stomach-coating medications like Maalox, Pepto-Bismol, and Carafate (sucralfate).
2. **For the 5 hours prior to taking the medications**
 - a. Do not eat any food.
 - b. Drink only water or clear juice during this period; no carbonated beverages.
3. **One hour prior to taking life-ending medications**
 - a. Take the anti-nausea medications:
 - b. 2 mg of Haldol (haloperidol) or 8 mg of Zofran (ondansetron), AND
 - c. 20 mg of Reglan (metoclopramide)
4. **DDMP2 and DDMA mixtures:**
 - a. Just prior to swallowing the lethal medication, gradually, and quickly, stir one of the following into the DDMP2 or DDMA powder to make a smooth, non-clumpy solution:
 - i. 2-4 oz. of a strong liquor such as vodka, whiskey, or Grand Marnier, **OR**
 - ii. 4 oz. of warm (not hot) water, **OR**
 - iii. 4 oz. of clear juice or Gatorade, **OR**
 - iv. For those who have trouble swallowing, 4 oz. of non-fat pudding, yogurt, or applesauce. Please note that mixing the medication with soft food might result in a longer time to death.
 - v. *NOTE:* Alcohol helps dissolve the powder and if used, can minimize the amount of liquid to be ingested (as little as 2 oz.). Strong liquor enhances the effect of the medications and can assist in absorption. It is a preferred option, but not required.
5. **Swallow the lethal medication**
 - a. Swallow all of the liquid lethal medication **within 2-3 minutes**. It will taste bitter.
 - b. Immediately after swallowing the life-ending medication, quickly also take a spoonful of sorbet, jam, honey, or anything that may help to cleanse the pallet (no carbonated beverages).
OR
 - c. 2-4 oz of strong liquor, such as vodka, whiskey, or Grand Marnier
 - d. (Creamed liqueurs should be avoided); alcohol enhances the life-ending medication's effects. Do not use alcohol if there is any nausea.
6. **Keep the dying person in a sitting position for at least 20 minutes**, to reduce the risk of regurgitation (after the person loses consciousness). After 20 minutes they can be lowered

to a semi-upright position (with the back at 30-45 degrees relative to horizontal) and turned to their right side and made comfortable. This positioning is not required, but may help absorption of the life-ending medicine in the small intestine. If you are unable to reposition the person, leave them in a seated position.

7. **Loss of consciousness occurs within 3 to 15 minutes**, in most cases. The time to death after taking the medication, varies depending on the person's condition and ability to absorb the medication. DDMP2 on average takes 3 hours, and DDMA on average about 1 hour. For all agents, rarely death will take a day or longer; regardless, the dying person stays unconscious and all agents produce a peaceful death.
8. Once the patient is unconscious and unarousable, **supplemental oxygen** should be turned off.
9. **Ingesting through a feeding tube**
 - a. For people with feeding tubes, including nasogastric tubes and tubes directly through the skin into the stomach or small intestine, it is generally easy to administer the DDMP2 or DDMA solution.
10. Pour the prescribed mixture into two funnel-tipped 60 cc syringes. This may be done by the patient, a caregiver, or the Volunteer Client Adviser.
11. When the Patient is ready
 - a. Insert the first syringe into the feeding tube and the patient must press the plunger to empty the syringe. Within 3 minutes, repeat with the second syringe and insert all of the solution. Someone can help to insert and hold the syringe into the tube, but the patient must assist in pressing the plunger. The tube can be flushed with hard alcohol or water if desired. Afterward, the tube should be clamped as usual.
 - b. Alternatively, the DDMP2, or DDMA can also be ingested through the tube using a gravity feed bag to which the life-ending medicine has been added. Note that the patient must self-administer the medicine by opening a valve or a clamp.
12. **Write down the following information**, which the attending (prescribing) physician will need for the reporting process. Your Volunteer Client Adviser can record the times and report them to the prescriber if you wish.
 - i. Time anti-nausea medications were taken: _____
 - ii. Time life-ending medicine was taken: _____
 - iii. Time the person lost consciousness: _____
 - iv. Presumed time of death: _____