

# Death with Dignity Checklist

Do you qualify? You must be...

- A resident** of Washington (contact us for more information if you are outside the state)
- 18 years of age or older**
- Mentally competent to make an informed decision** at the time of your request
- Terminally ill** with a 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 (Prescribing) 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 and included here)

Step-by-step instructions

- Step 1.** Make a clear request to use the WA Death with Dignity law to a medical doctor (MD) or osteopathic doctor (DO), and be sure it is recorded in your medical chart.
- Step 2.** Identify and schedule a visit with an MD or DO who is willing to act as the Attending (Prescribing) Physician.
- Step 3.** Identify and schedule a visit with 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. Important: 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 (Prescribing) Physician.

End of Life Washington services

- We can help you find supporting physicians.
- We do not charge for our services.
- We can be there for you, and the person or people you choose to be with you, should you decide to take life-ending medications.
- Submit an online support request form at [www.endoflifewa.org](http://www.endoflifewa.org) or call us at **206.256.1636**