

## Making Your First Oral Request

This documented request starts the 15-day timeline required by law to receive the prescription.

**“Please document that I have made a first oral request for life-ending medication under the Death with Dignity law.”**

**Start with your Primary Care Physician, Specialist, Palliative Care or Hospice Physician**  
*(Must be an MD or DO)*

- Ask them to please document your first oral request **using the language in the box on the left.**
- If they refuse to document your request, go to another physician with whom you have consulted.
- If they agree to document your request, ask, **“Will you support me?”** If they will not or cannot support you, ask, “Can you refer me to a physician who will support me?”
- If they will not or cannot refer you, go to another one of your physicians, or consult with your End of Life Washington Volunteer.