

Making Your First Oral Request

A first oral request is a documented request that starts the 15-day timeline required by law to receive the Death with Dignity prescription.

- Start by talking to your Primary Care Physician, Specialist, Palliative Care or Hospice Physicians. The physician must be a licensed Washington MD or DO, and does not have to be involved further in the Death with Dignity process.
- All Washington state MD's and DO's should record a First Oral Request, however not all are willing.
- Ask your physician to document your first oral request in your medical record, using the language in the box below.

"Please write in my medical record that today I made a first oral request for life-ending medication under the Death with Dignity Law."

If they agree to document your request, ask, **"Will you support me as I seek out Death with Dignity?"**

- If the physician 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, you can go to another one of your physicians, or consult with your End of Life Washington volunteer.