

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/self-administer** the medications

Requirements of the law:

- An **Attending (Prescribing) Provider (AP)** who writes the prescriptions
- A **Consulting Provider (CP)** who verifies the diagnosis and prognosis
- Two oral requests** for DWD a **minimum** of 7 days apart
- 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 provider [medical doctor (MD), osteopathic doctor (DO), advanced registered nurse practitioner (ARNP) or physician assistant (PA)] and be sure it is recorded in your medical record.
- Step 2.** Identify and schedule a visit with a qualified medical provider (MD, DO, ARNP, or PA) who is willing to act as the Attending (Prescribing) Provider.
- Step 3.** Identify and schedule a visit with an MD, DO, ARNP, or PA who is willing to act as the Consulting Provider.
- Step 4.** After seeing the AP, 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 7 days after the first oral request was recorded, make a second oral request for DWD to the Attending (Prescribing) Provider.

Medication

- The Medication is mixed in 2 ounces of liquid and ingested within 2 minutes.
- DDMAPh is a compound mixture of digoxin, diazepam, morphine, amitriptyline, and phenobarbital
- The prescription is good for 6 months and the approximate cost is \$750 - \$950 at a participating compounding pharmacy
- You should leave the prescription on file at the pharmacy until you are ready to fill it

End of Life Washington services

- Our services are free of charge for clients
- Our volunteers can help you find supportive health care providers.
- We can be there for you, and the person or people you choose to be with you, should you decide to take aid-in-dying medications.
- Our Volunteer Client Advisers (VCAs) can mix the medication for you
- Submit an online support request form at www.endoflifewa.org or call us at **206.256.1636**