

Making Your First Oral Request (FOR)

A first oral request is a documented request that starts the 7-day timeline required by law to receive the Death with Dignity prescription.

- Start by talking to your Primary Care Provider, Specialist, Palliative Care or Hospice provider. The provider must be a licensed Washington MD, DO, ARNP, PA¹ and does not have to be involved further in the Death with Dignity process.
- All Washington state qualified providers *should* record a First Oral Request, however, not all are willing.
- Ask your provider 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 provider will not or cannot support you, ask, “Can you refer me to a provider who will support me?”
- If they will not or cannot refer you, you can go to another one of your providers, or consult with your End of Life Washington volunteer.

¹ Medical Doctor (DO), Osteopathic Doctor (DO), Advanced Registered Nurse Practitioner (ARNP), or Physician Assistant (PA)