Medical Aid in Dying / Death with Dignity Checklist

Eligibility:

___ A resident of Washington (contact us for more information if you are outside the state)
___ 18 years of age or older
___ Mentally capable 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 verifies the patient meets the legal requirements, assesses their medical condition, and, if appropriate, writes the prescription
___ A Consulting Provider (CP) who verifies the patient meets the law's requirements
___ One of the two providers must be a MD or DO; the other can be an ARNP/PA/MD/DO
___ 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 <u>two</u> 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 $550 - $950 at a participating compounding pharmacy. For those truly unable to afford this cost, please discuss this with your VCA as there may be financial assistance available.
- 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 provided at no cost to clients
- Our volunteers can help you find supportive health careproviders.
- 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 Advisors (VCAs) can mix the medication for you
- Submit an online support request form at www.endoflifewa.org or call us at 206.256.1636