

# Checklist for Terminally Ill Patients Beginning Process of Requesting an Aid-in-Dying Drug

## 1. I am considering taking an aid-in-dying drug. I should talk to my family and doctor about:

- My thoughts about choosing an aid-in-dying drug.
- Other options such as palliative care, comfort care, hospice and pain management.
- Whether I qualify to take an aid-in-dying drug.
- Whether my doctor will prescribe me an aid-in-dying drug.
- The process of obtaining an aid-in-dying drug.
- The risks involved with taking an aid-in-dying drug.

## 2. I have decided to request an aid-in-dying drug. I should:

- Consider creating a Physician Order for Life Sustaining treatment (POLST).
- Check with my health insurance company to understand its policy on coverage for this option.
- Ask my doctor in person for a prescription for an aid-in-dying drug. This is my first verbal request.
- Ask my doctor again for a prescription for an aid-in-dying drug. This is my second verbal request. This request must be made at least 15 days after my first request, also in person.
- Submit a written request (after the second verbal request) using the required form. I will sign this form in the presence of two witnesses.
- Obtain a referral from my doctor for a second doctor who will provide a consult to verify my diagnosis and prognosis.

*I understand I can stop my request for an aid-in-dying drug at any time.*

## 3. I am getting a prescription for an aid-in-dying/drug. I need to:

- Give my doctor written consent to speak with the pharmacist about my prescription for medication and how it will be delivered to me.
- Get the aid-in-dying drug from a pharmacy or have it mailed to me by the pharmacy with a signature required upon delivery.
- Keep the aid-in-dying drug clearly labeled and stored in a safe place where no one else can get it.
- Continue to receive treatment as I choose. I don't have to stop other treatments even after receiving the aid-in-dying drug.

*I understand I don't have to take the aid-in-dying drug even if I have it. I always have the right to change my mind.*

## 4. I have decided to take the aid-in-dying drug. I need to:

- Complete and sign the required Attestation Form 48 hours (two days) before I plan to take the drug.
- Get my affairs in order including legal and personal papers.
- Say all I wish to say to my family and friends. I most likely will not have any additional time once I take the drug.
- Plan for when I take the aid-in-dying drug. I have to take it in a private location and I likely cannot take this drug while in the hospital (in most circumstances). It also is recommended that someone is with me.
- Follow the drug instructions carefully to ensure the intended result.
- Take (eat, drink, swallow, inject) the drug by myself. No one else can help me.