

# American Clinicians Academy on Medical Aid in Dying

[www.ACAMAID.org](http://www.ACAMAID.org)

## Currently Recommended Aid-in-Dying Pharmacology

For details on the basis for these recommendations, please use [this link](#).

Reminder: Please review the Academy's [Red Flag Checklist for Potentially Complicated or Prolonged Aid-in-Dying Deaths](#) before prescribing aid-in-dying medications.

### **Three-step process: Average time to death 1 hour.**

#### Step #1

Pre-medications for nausea/vomiting:

Ondansetron 8mg, Metoclopramide 20mg (10mg tabs, #2)

Sig: Take all three pills 30 minutes before proceeding to the next step.

#### Step #2: (30 minutes after step #1).

Digoxin 100mg (powdered digoxin, not from crushed tablets).

Dispense as powder in 1-ounce bottle.

Sig: Add apple juice to the bottle and shake until the powder is dissolved/suspended.

Take orally 30 minutes after the nausea medications in step #1.

#### Step #3: (30 minutes after Step #2).

Morphine 15gms; Diazepam 1gm; Phenobarbital 5gm; Amitriptyline 8gm.

Dispense as powder in 4-ounce bottle.

Sig: Prepare the medications during the 30-minute wait after step #2.

Do not pour the powder out of the bottle. Add apple juice to the bottle and shake until the powders are fully suspended. Pour the liquid into a drinking glass. If settling occurs before drinking, stir the liquid so that the powders are again suspended. Once you start taking the medication, complete taking it all within two minutes so that you do not fall asleep partially through the dose.

NOTE: Keep iced non-fat sorbet at the bedside in case there is any burning sensation from the medications. If burning occurs, spoonful of sorbet will help significantly until sleep comes on within 2 to 10 minutes.

### **Two-step process: Average time to death 1.2 hours.**

#### Step #1

Pre-medications for nausea/vomiting:

Ondansetron 8mg, Metoclopramide 20mg (10mg tabs, #2)

Sig: Take all three pills at least 30 minutes before proceeding to the next step.

Step #2: (At least 30 minutes after Step #1).

Digoxin powder (not from crushed tablets), 100mg; Morphine 15gms; Diazepam 1gm;  
Phenobarbital 5gm; Amitriptyline 8gm.

Dispense as powder in 4-ounce bottle.

Sig: Prepare the medications during the 30-minute wait after step #1.

Do not pour the powder out of the bottle. Add apple juice to the bottle and shake until the powders are fully suspended. Pour the liquid into a drinking glass. If settling occurs before drinking, stir the liquid so that the powders are again suspended. Once you start taking the medication, complete taking it all within two minutes so that you do not fall asleep partially through the dose.

NOTE: Keep iced non-fat sorbet at the bedside in case there is any burning sensation from the medications. If burning occurs, spoonful of sorbet will help significantly until sleep comes on within 2 to 10 minutes.