VSED Supplies

These VSED supply lists are compiled from information I gleaned from physicians, articles, books, nurses, hospice professionals, Phyllis Schacter's book Choosing to Die, the End of Life Washington website and volunteers, lawyer Erin Mae Glass of Chuckanut Law Group, and my own experience.

What each hospice provides will vary and this may change over time.

Provided by the family:

- Baby monitors
- Waterproof bed pads (also called Chux or draw pads; these are put under the person when they stop using the bathroom)
- Adult diapers with tabs
- Dulcolax (can be taken the night before beginning VSED)
- Garbage bags
- Disposable gloves
- Unscented, unflavored lip balm
- Unscented moisturizer (I prefer liquid coconut or jojoba oil)
- Mouth swabs (foam squares on lollipop sticks; some say not to use because they can become a choking hazard, I was glad we had them)
- Small spray bottles with plain water (to mist the face and inside of the mouth)
- Nightshirts or nightgowns (larger than normal, for ease of changing later in the process; these may need to be cut down the back for easy access)
- Sheets: a few sets, some to make moving their body easier when weak and/or comatose
- Pillows: for repositioning to avoid pressure sores
- Healthy, pre-made food for caregivers (stored, heated and eaten off-premises)
- Humidifier—Optional (more important in dry climates)
- Favorite music, movies, books, etc. of the person using VSED, as well as the caregivers (time can seem to move slowly during)

Provided by hospice:

- Walker
- Shower seat
- Medication for agitation—we used liquid Lorazepam
- Pain and sleep medication—we used liquid morphine
- Mechanical bed with rails that can slide up when needed for protection