



## 50 QUESTIONS

### Drugs

#### Shelflife

1. Are the active ingredients in oxycodone, alprazolam and zolpiem tartrate still active after a year in storage?

#### Sodium Nitrite

2. Can you use sodium nitrite without beta-blockers?
3. SN protocol:
  - Protocol says fast for \"several\" hours. How many hours is several?
  - Propranolol: It is listed in the PPeH and answers have been provided on the Forums. But it is still not clear as to when to take the Propranolol, should one decide to take it:
    - o 400mg after fasting for several hours?
    - o 400mg at same time as taking Sodium Nitrite?
    - o as a regular dose for 48 hrs prior?
    - o If taken starting 48 hours prior, what is the recommended dosage?
  - What is the shelf life of Sodium Nitrite. I've had mine for 5 years, should I have it tested
  - Where can I find a reliable company to test the purity level of Sodium Nitrite. The Spanish cotact does not reply to my emails. Thank you
4. With the Sodium Nitrite method, if benzodiazepines are not available, would Zopiclone or other Z-class drugs work as well? If yes, what would be a reasonable dosage? Also, what might happen if you fall unconscious and then vomit up much of the Sodium Nitrite mixture?
5. Is it possible to use Dolocatol and Tramadol with sodium nitrite
6. To inhibit vomiting before taking sodium nitrite another substance is required needing a doctor's script. Is there another substance not involving a doctor?

## ***Nembutal***

7. For years Exit said that 100 ml of Nembutal provided a peaceful death. So I went to Peru and got two 50 ml bottles. I recently noticed that Exit has changed its advice. It now tells me I actually need 150 ml. My question is:
  - What happened to all the people over the years who followed the previous advice? Did most achieve a peaceful death.
  - Since there is no way I can get another bottle from Peru, would I be stupid to carry on with my two 50 ml bottles? How great is the chance of failure?
8. What is it like to use Nembutal and what scientific research has been done to determine this?
9. Is there a non-script, over-the-counter, medicine available which will settle the stomach before imbibing Nembutal?
10. How much nembutal is necessary for a certain death? The 2012 print handbook says 100 ml. A more recent online edition says 200 ml.

## ***Nembutal Shelflife***

11. For long years I hold a subscription to the Peaceful Pill Handbook In May 2013 I acquired from Nanjing Fubang Chemical Ltd. 25 g Pentobarbital-sodium powder as “provision for old age”. In August 2018 I had a sample analyzed by International control .which yielded a purity of 75%. The subsequent storage was carried out according to the recommendation of the Handbook. There is no evidence for contact with oxygen or humidity, but now that the time for usage is near, I suffer a kind of panic. How safe is the information concerning shelf life (many years, decades)? In case the vacuum were not 100% , - or even so-, at what approximate rate would / does the potency of the drug deteriorate due to chemical degradation. Can I rely on still sufficient potency?. And if so, should I reduce the whole amount of the powder (25 g) to approximately 16,7 g (equal to 75% purity) to reduce the risk of vomiting?
12. Is Nembutal still in use in different form in medical practice in the UK?

## ***Nembutal Testing***

13. I am interested in current testing arrangements for nembutal.

## ***Miscellaneous Drug Questions***

14. Given the likely increase in the use of Potassium Nitrite, is there new information about this method that you think people should know?
15. Are there any plant or fungal options for a peaceful death? Or are they all of the jazz-up-your-system to a heart attack variety?
16. Do any ‘street drugs’ have fatal outcomes and which are they?
17. If unable to access metoclopramide is OTC Anagrain which includes paracetamol acceptable?

# Gases

## Equipment

18. With argon and nitrogen disposable cylinders, if your flow meter is set to the recommended 15 litres per minute, does it matter what the internal diameter of the hose is from the flow meter to the Exit bag? I ask because the internal diameter of the hose that's come with my flow meter is only 2.5mm. The vendor says the flow meter and hose are suitable for use with welding. Should this 2.5mm hose work okay with an Exit bag? Thanks.
19. Is it possible to buy leak free Exit bags? If not, how can a person prevent leakage?
20. Leaking tank or faulty regulator? My Argon tank, 20 cubic foot, purchased July 2023, showed as full, 2000 psi when bought. I have the Olsen Flow Gauge Regulator, model #58468. Recently the tank showed at less than 1700 psi. It was turned off properly after checking initially in 2023. Should I replace the tank or could there be something wrong with the regulator? Someone from this group, kindly suggested, I empty the tank and exchange it at a local supplier. How do you safely empty the tank? Does it need to be done outdoors?
21. The small Bromic nitrogen cylinders I see available for purchase in my country state on the sellers websites that they have a shelf life of 2 years. Does this mean the nitrogen will 'expire' and has any testing been done on these smaller cylinders due to the stated 2 year shelf life? Further, does that then mean the larger cylinders also have a 2 year shelf life? My second question is about 'exit bags.' A demonstration of bag strength at my recent chapter meeting showed an oven bag can easily split at the sides. Has this been encountered before and if so is there a specific alternative that will not pose a splitting risk?

## Technique

22. I've watched the videos about the inert gas method - do you have anything else that could help me feel that I'm "doing it right" when the time comes? I've sourced all the equipment and material -- is there a way to do a "run-through"?
23. Using nitrogen, is it advisable to attach tubing to inside of exit bag or to side of head? Thought if it's attached to bag it may affect it inflating.
24. I wish more detail in the use of nitrogen and an Exit bag. Like, how much do we need to turn the bottle valve, should it be a full turn or part turn. Is the gas going to be freezing cold upon our skin. The chance of the bag coming off our head if we collapse forward or sideways. The efficacy of taping the tube to the head rather than bag. I think it would be helpful to demonstrate the entire procedure on camera using a dummy. We have read about it on the PPHB but we only have one go at it, and I think many of us are paranoid about not getting it right.
25. Would the risk of convulsions when using the nitrogen gas and exit bag method make it a good idea to use some method of upper body restraint to prevent body movement from disrupting the proper functioning of the nitrogen hose and the position of the bag?

## **Masks**

- 26. Using nitrogen, is it possible you may still be alive hours later and it hasn't worked?
- 27. Any reason not to use an easily available non-rebreather mask for nitrogen gas instead of trying to fashion a plastic bag?

## **Time to Death**

- 28. How long does it take from the moment nitrogen begins to flow until there is death?

## **Subjective Experience / Quality of Death**

- 29. There has been much press attention to using nitrogen for end of life due to death penalty situations (which I understand to be due to the use of full face masks . Some of it disputing what we know to be the case of a peaceful passing in 2-3 minutes, & instead describing 20-30 min with what appears to be much agitation & suffering. Would you be so kind to comment on this topic please?

## **Other Gases**

- 30. What are the portion sizes needed to create a fatal amount of hydrogen sulfide gas, how quickly does it work and how peaceful is it?
- 31. Suicide by carbon monoxide in car alone

## **Sarco**

- 32. Are you able you update us on the status of the Sarco being returned to TLR, please?
- 33. Is Exit confident that the Swiss authorities will not simply outlaw Sarco in Switzerland ?
- 34. What do we know about the Swiss Sarco investigation status? Can they just delay it indefinitely???

## **Switzerland**

- 35. If you are 80 years old, how difficult is it to get approved for medical aid in dying in Switzerland? Do you need to be currently suffering with an illness or is the threat of old age and related issues sufficient?
- 36. Is there any likelihood that travel accompaniment to Switzerland may be provided by Exit International for those who do not have friends or family to undertake the journey with them?
- 37. Would it be possible for Registers of people willing to be involved in this to be established in countries (paid for by the person seeking a VAD)? Does anyone know whether travel assistance organisations such as Skymed are willing to accompany people seeking a VAD?

38. Please provide every contact and terms detail available for assisted suicide in Europe for non-residents. What are the conditions (how long before procedure it is required to be a resident, is tourist visa enough). I am interested in the relevant information about the possibility to sign for assisted suicide upon discovery of dementia diagnosis.

## Miscellaneous

39. If you don't have family, friends or others checking in with you and you want to be found in a timely manner after death what is the best way to advise authorities?

40. Do you know if the Australian, N.S.W. legislation applies if one has refused treatment or further treatment for cancer?

41. How does one manage the appropriate disposal of his deceased body when he has no family or friends within reasonable traveling distance?

42. How to contact Exit members to share views?

43. I am 65 years old and would like to intentionally end my life at age 80 because I like the idea of a known ending date and because I want to reduce my risk of losing autonomy. My biggest obstacle is that my loved ones are very much against this and it seems they might be very hurt, especially the one who is a baby now and will be only 15 years old. What are your thoughts on how to talk about this and bring others along so that they will accept and possibly even support my wish?

44. If a partner decided to use the nitrogen, is it best the other partner be somewhere else, ie as an alibi?

45. What are the key considerations when agreeing to be present for someone when they end their life, to minimise the likelihood of being found complicit? If they leave a note clarifying their intent and that they did not involve anyone else at any stage, and if a video was made of them self-administering, would that be sufficient if it could later be identified who was present?

46. I have family members that are against my VAD in Switzerland. How do I proceed with VAD without their approval?

47. What is Exit International's relationship with the Final Exit Network in the US?

48. My mum is 93 and since 2 TIA's 2022 and 2023 . She has taken a packet of sleeping pills last year which didn't work all she wants is to go to sleep and not wake up, because her husband, her friends have passed, her hearing and eyes are failing. Now she is struggling with onset dementia, She cant work the TV remote or her laptop, she cries and is very frustrated. she walks and she swims 3x a week but she wont have that if she moves from independent living in the village to assisted care. Her friend died with dementia, parked in a chair in the corner of her home and mum is terrified that is happening to her.

Please How can we help her

49. Phillip, if you need to exit this life early, what is your plan to do so? What method will you be using?

50. What method or methods for final exit are used in Switzerland?

