



Voluntarily Stopping Eating and Drinking: Clinical Guidelines

- VSED (voluntarily stopping eating and drinking)
 - Legal in every state
 - Patient must have decision making capacity
 - Once VSED is started it takes on average 10-14 days before death
 - This should not be confused with the time that a healthy person can safely fast. A healthy person fasting can survive much longer than 10-14 days.

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