



- 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.

[Clinical Guidelines for Voluntarily Stopping Eating and Drinking \(VSED\)Download](#)

[Respecting Patient Autonomy_ Alan C Horowitz Karl E Steinberg February 26_29 2024Download](#)