

EXAMPLE OF A REQUEST LETTER TO A PERSON'S GP, TO BE KEPT ON FILE SO THAT THE GP PRACTICE IS AWARE OF THE PERSON'S WISHES WELL IN ADVANCE OF DEATH.

NOTE THAT THIS LETTER CONTAINS REFERENCES TO A SEPARATE NOTE WHICH SETS OUT VARIOUS OPTIONS FOR VERIFICATION OF DEATH AND GIVES BACKGROUND INFORMATION ON REGULATIONS AND THE REQUIREMENTS OF VARIOUS MEDICAL PROFESSIONAL BODIES. IF THIS NOTE IS NOT INCLUDED WITH THE LETTER, REFERENCE TO IT SHOULD BE OMITTED.

THIS LETTER IS GIVEN AS A GENERAL GUIDE TO HELP A POTENTIAL CRYONICS PATIENT FORMULATE A LETTER TO THEIR GP BUT IS NOT INTENDED TO BE USED AS A PRO-FORMA: EACH PERSON WRITING SUCH A LETTER SHOULD ENSURE THAT ANY LETTER IS SUITABLE FOR THEIR INDIVIDUAL CIRCUMSTANCES.

Your name

Tel:

Mob:

Address

E-mail:

Date

Doctor/medical centre, etc.,

Address,

XX00 0XX

Dear Sirs / Doctor Xxxxx,

YOUR NAME (Nat. Ins. no. XX123456X) - WISHES ON DEATH

As discussed recently with Dr. Xxxxx, it is my wish that, on death, my body be frozen, for reanimation at a future date, should this become technologically possible. To this end, I have a cryogenic suspension agreement with the **Cryonics Institute / Alcor Life Extension Foundation**, who provide cryogenic suspension facilities. I am also a member of Cryonics UK, who will provide an emergency call-out team to rapidly cool my body, prepare it for long-term cryo-suspension and arrange transport to **the Cryonics Institute's / Alcor's** facility in the United States.

I should be grateful for the co-operation of **the doctors at Xxxxx Medical Centre** in helping achieve my cryo-suspension with the minimum risk of deterioration to my body, especially my brain. To achieve this, it is essential to begin stabilisation and cool-down procedures with minimal delay following clinical death. As with CPR procedures, minutes are critical. Will you please therefore liaise with my relatives and

Cryonics UK at a suitable time before my anticipated death to agree arrangements that will meet these requirements? Arrangements would include:

- ensuring that I have been seen by a doctor within 14 days prior to death;
- agreeing who can confirm death (a GP at your practice, other doctor, attending nurse, nursing home staff, ambulance crew, etc.); and
- agreeing what procedures may be started before death is confirmed by a healthcare professional (e.g. cardio-pulmonary support, cooling of the head or whole body cooling, administration of medications, perfusion).

Following the initial cool-down procedures, my body would be taken to an embalmer (usually at a funeral director's premises) for perfusion of the head with a cryoprotectant that inhibits ice crystal formation during freezing. As soon as this is completed, the body must be further cooled to about -65°C before being flown to the cryonics storage provider in the United States. The timing of this will be affected by whether you would require to view my body after death before issuing a death certificate. At this stage, hours are critical. Again, will you please liaise with my relatives and Cryonics UK to ensure delays are minimised at this stage?

Attached is a standard note which summarises the stages of the cryopreservation process and gives suggested options for arrangements with the attending GP, along with the impact of the various options on the quality of cryopreservation.

You will of course be familiar with the legal and professional requirements for confirming and certifying death, but included with the note are the results of searches regarding the legal context and the requirements and guidelines of the professional bodies of those who may be involved. An appendix gives source references.

Will you please arrange for this letter and the note to be kept with my medical records so that the attending doctor is informed of my wishes?

Yours faithfully,

Your Name