

What Is a DNR Order?

When making your advance directive, you may want to add a do not resuscitate, or DNR, order.

A DNR order is a separate document from your living will. It takes effect only if you stop breathing or your heart stops beating.

A DNR tells healthcare providers not to do CPR or take other steps to revive you.

It includes things like: using chest compressions; putting in a breathing tube; giving you certain IV medicines; and shocking your heart.

When a DNR is in place, healthcare providers will not take these steps.

If you want a DNR, talk with your healthcare provider. They can help you get your wishes in writing.

Your healthcare provider will sign and date the DNR. They will also add it to your medical records.

Keep in mind, though, DNR orders vary from state to state. So check with the laws of your state.

To make sure your DNR wishes are upheld, give copies to your healthcare power of attorney and your loved ones.

A DNR order can be an important part of your advance directive. Take time to decide if it's right for you.