

What Is a POLST?

If you are seriously ill and near the end of your life, you may want to talk with your healthcare provider about a POLST.

POLST stands for Physician Orders for Life-Sustaining Treatment. But your state may have a different name for this portable medical order.

A POLST is a separate form that's part of an advance directive. Your healthcare provider needs to fill it out and sign it.

A POLST tells all healthcare providers who care for you exactly what you want done in an emergency.

It can prevent unwanted treatments at the end of your life.

For instance if you want to be put on a ventilator or if you want CPR performed.

A POLST is designed for people who are seriously ill and frail. But it may not work if your condition is very complicated.

If you think you may want a POLST, talk with your healthcare provider. Together, you can decide if it's right for you.

You can also find more information online at www.polst.org.