

# ADVANCE MEDICAL DIRECTIVE (AMD)



LIFE IS A DELICATE  
BALANCING ACT  
ENSURE THE ROUTE AHEAD  
RUNS MORE SMOOTHLY

We tend to take too many things in life for granted, including life itself.

Often we wait till serious illnesses or accidents strike before we start to think about life and death issues. To die naturally, in peace and with dignity is what many would want when drawing their last breath.

Sad indeed if we cannot express this wish and spare our loved ones the difficult decision in the final stages of a terminal illness.

We can plan for the journey ahead with an Advance Medical Directive (AMD). The choice is yours.

## What is an Advance Medical Directive?

An AMD is a legal document that you sign in advance to inform the doctor treating you that, in the event you become terminally ill\* and unconscious, you do not want any life-sustaining medical treatment to be used to prolong your life.

AMD is NOT euthanasia or mercy killing, which is the deliberate ending of the life of a person suffering from an incurable and painful disease by unnatural means, such as an administration of lethal chemicals.

*\*A terminal illness is defined in the Act as an incurable condition caused by injury or disease from which there is no reasonable prospect of a temporary or permanent recovery. For such a condition, death would be imminent regardless of the application of extraordinary life-sustaining measures. The extraordinary life-sustaining measures would only serve to postpone the moment of death of the patient.*

## When should I make an AMD?

It is best to make an AMD when there is no pressure to do so - when you are well and healthy. If your family opposes it, you may wish to obtain their understanding before making the AMD. If you do not wish to inform your family, you can still proceed to make an AMD, which will remain confidential until you wish to disclose it to someone.

## How do I make an AMD?

Anyone who is aged 21 and above, and of sound mind, can make an AMD. All you need to do is complete a prescribed AMD form, signed in the presence of two witnesses, and return it to the registrar of AMDs. You may download the form online at the MOH website.

For further information, log on to:  
[www.moh.gov.sg/amd](http://www.moh.gov.sg/amd) or call 1800-225 4122



MINISTRY OF HEALTH  
SINGAPORE