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## If you decide you do not want CPR

If you do not want to try CPR, you will still get the care you need. There are many choices you can make to help you be comfortable and live as well as possible.

If you do not want to try CPR, you need to tell your doctor and family. Plans can be made that follow your wishes.



**HAWAII PACIFIC HEALTH**

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#MC 750-E

Fact Sheet



## CPR or No CPR:

*What you should know*

If your heartbeat or breathing stops, CPR may or may not work.

This fact sheet can help you decide if you want CPR when your heart or lungs stop working. The time to choose is when you feel well and have the facts you need. Ask questions and talk with your doctor and others. Think about what being alive means to you.

CPR has side effects you should know about before you choose. Age and health make a difference. The doctor who knows you best can help you make your decision.

### What is CPR?

CPR is done for you by someone else. It can include:

- Breathing into your mouth and pressing on your chest
  - Electrical shock and drugs to try to start your heart
  - A tube to help you breathe
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## Does CPR work?

CPR does not help as much as most of us think.

CPR works best if

- You are healthy with no illness.
- It can be given to you within a few minutes of when your heart or lungs stop working.

## CPR does not work as well if

- You have chronic health problems.
- You have an illness that can no longer be treated.
- You are older and weak.

If you are in the hospital and get CPR, you have a 17 percent chance of it working and leaving the hospital alive.

If you are older, weak, and living in a nursing home, CPR works less than 3 percent of the time.

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## What else can happen with CPR?

If CPR does help to get your heart and lungs to work, it usually has side effects.

- Your lungs are weakened and you will need to be on a breathing machine for a time.
- You will need to be cared for in an ICU.
- You may have brain damage.
- You may have damage to your ribs.

You should talk to your doctor about these side effects.

## If you want to try CPR

If you want to try CPR, you should talk about what results you would expect. What would your goals be? What would make you no longer want to be alive? Some examples are:

- You could not breathe without a machine.
- You could not think or talk.
- You would not know anyone.

