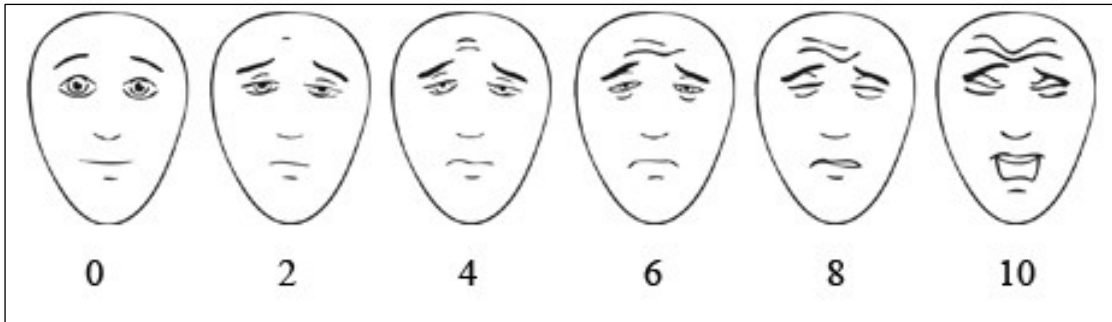


# Pain Diary

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

A pain diary may help you and your doctor find out what makes your pain better or worse. Use the diary below to keep track of when you have pain, how bad it is, and what you are doing to treat it.



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These faces show how much something can hurt. You can use these faces to help choose a number that shows how much you or your child hurts right now. The face on the left shows no pain. The face on the right shows the worst pain you have every known. For example, if you have a "2" on the scale, your pain may be minor with sharp pain now and then, but it doesn't impact your ability to do things. If you have an "8" on the scale, you may have pain that makes it hard to do anything.

## Daily pain diary

|   |  |
|---|--|
| <b>Date:</b>                            |  |
| <b>Time:</b>                            |  |
| <b>Pain scale rating:</b>               |  |
| <b>Medicine and dose:</b>               |  |
| <b>Medicine side effects:</b>           |  |
| <b>What made the pain better today?</b> |  |
| <b>What made the pain worse today?</b>  |  |

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