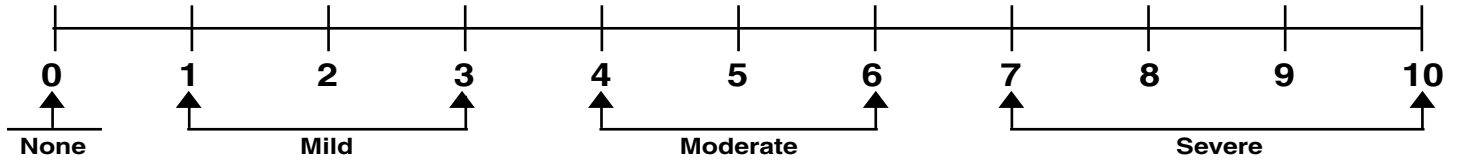


WHAT YOU CAN DO

Pain



Pain can be treated.



Talk to your doctor about your medicine.



Be aware of warning labels on pill bottles.

- Pain can be treated. It should not ruin your life.
- Set goals for treatment with your doctor.
- What would be a good pain goal for you?
- How would it change your life?

Use the pain scale above to measure your pain and write down how you feel several times a day. Discuss the results with your doctor.

Tell your doctor if you have trouble sleeping, or feel sad or nervous. These problems can make pain worse.

Ask your doctor about different treatments for different kinds of pain.

Tell your doctor if the treatment does not work or if your medicines cause side effects such as nausea, constipation, sleepiness or itching.

Before you begin taking your pain medicine, ask your doctor or pharmacist these questions:

- How many times a day should I take my medicine? _____
- What times of the day should I take my medicine? _____
- How long should I take my medicine? _____
- Should I take my medicine with or without food? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- Can I take my pain medicine with other medicines? _____
- If I forget to take my medicine, what should I do? _____
- If there are warning labels on the bottle, what do they mean? _____
- What are the side effects? _____