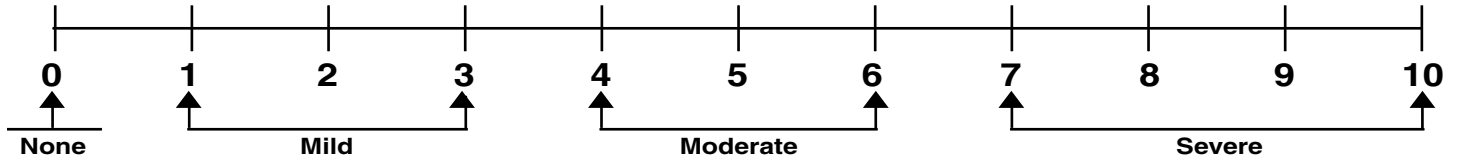


## WHAT YOU CAN DO

### Pain



*Pain can be treated.*

- 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? \_\_\_\_\_



*Talk to your doctor about your medicine.*



*Be aware of warning labels on pill bottles.*