

My pain diary

Use this pain diary to keep track of how you are feeling and how well your pain-control plan is working. Use a fresh copy as many times as you need to. You can also use a different copy for each body part where you have pain. Share the information you record here with your healthcare team to help them find the best ways to manage your pain.

Fill in each row when you feel pain. Describe how the pain feels and the level of pain you feel in a way that makes the most sense to you. You can use the words, pain scale and body chart on pages 18 and 19 of *Pain Relief* to help you, or you can even draw a face to show how you feel.

Date and time the pain started	
What I was doing when the pain started	
Where the pain started and where it spread	
Words that describe the pain	
Pain level from 0 to 10 (0 = no pain, 10 = worst pain)	
How long the pain lasted	
Things I tried to feel better (including medicines and amounts)	
Pain level after the things I tried (0 to 10)	

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