

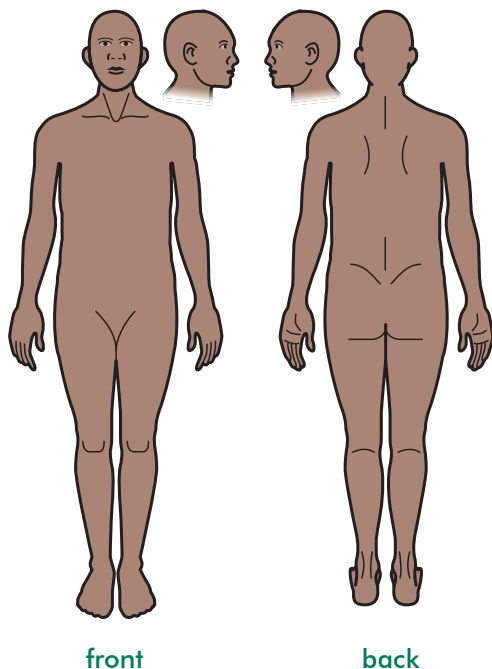


## Where is your pain?

Is it in one part of your body or in more than one place?

You can use the diagrams on the right to mark where your pain is.

If you have more than one area of pain, label them A, B, C, and so on (with A being the pain that upsets you the most).



## What is your pain like?

Use any of the following words that best describe your pain:

- aching
- biting
- blunt
- burning
- cold
- comes and goes
- constant
- crushing
- cutting
- dragging
- dull
- excruciating
- frightful
- gnawing
- hot
- intense
- nagging
- nauseating
- niggling
- numb
- penetrating
- piercing
- pins and needles
- pricking
- radiating
- scratchy
- sharp
- shooting
- smarting
- sore
- spreading
- stabbing
- stinging
- tender
- throbbing
- tingling
- tiring
- unbearable.

## Numbered pain scale

How bad is your pain? If you measured it on a scale of 0 to 10, how would you rate it? Where 0 is no pain and 10 is the worst pain you've ever had.



## How to use your pain diary

You may want to pull out this pain diary and photocopy it, so you can use it more than once. Remember to photocopy both sides.

1. Start by recording when you feel the pain – there's space to note the date and time. You can fill in the diary as often as you need to. If your pain isn't well-controlled, you may want to fill it in every 1 to 2 hours, but if it's better controlled, you can fill it in every 4 to 6 hours.
2. Record where the pain is on your body – you can use the diagrams on the back. It could be in one area or in lots of areas.
3. Describe what the pain feels like. You could use the words on the back to help you.
4. Rate the level of pain on a scale of 0 to 10, where 0 means no pain and 10 means severe pain.
5. Write down the medicines you've used, and any other treatments or therapies that have helped manage your pain. And record anything that made the pain better or worse.

All of this information will help you and your healthcare team find the best way to manage your pain.