

# Pain journal



To help you prepare for your doctor visits, record your daily pain for at least a week and think about the following questions:

- **When** did it start?
- **Where** did you feel it?
- **What** did it feel like? (Use descriptive words like burning, stabbing, throbbing, dull, aching, tingling, or cramping)
- **How bad** was it, on a scale from 0 to 10, where 0 is no pain and 10 is the worst pain you have experienced?
- **How long** did it last?

Date and time it began	Where I felt it and what it felt like	Pain level (0-10)	What I was doing when it started	Medication taken and time	How long it lasted	Pain level 1 hr after meds	Non-medication things I tried
May 4 7:00 PM	Left shoulder blade, top of left arm. Dull, deep aching at the top, like pins and needles down my arm	4	I had just finished some housework	20 mg of hydrocodone and Tylenol; 7:00 PM	4 hours	2	Resting

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