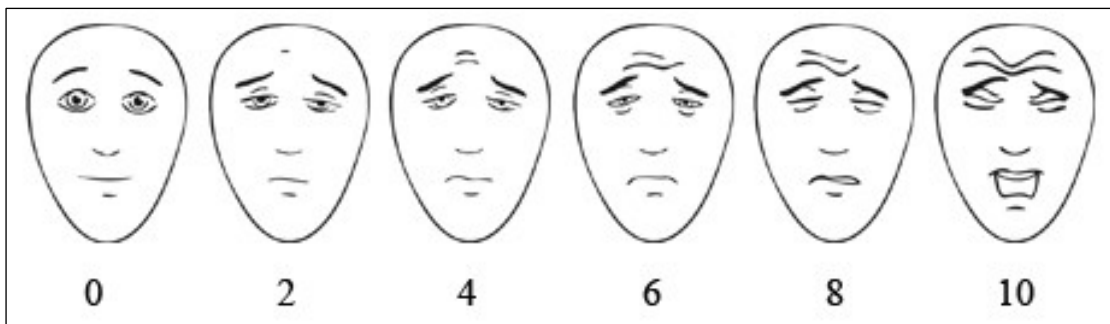


Pain Diary

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

A pain diary may help you and your doctor find out what makes your pain better or worse. Use the diary below to keep track of when you have pain, how bad it is, and what you are doing to treat it.



This figure has been reproduced with permission of the International Association for the Study of Pain® (IASP®).
The figure may not be reproduced for any other purpose without permission.

These faces show how much something can hurt. The face on the left shows no pain. The other faces in turn show more and more pain. The face on the right shows very much pain. You can use these faces to know what number to use to show how much you or a child hurts right now.

Daily pain diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	

Daily pain diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	

Daily pain diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	

Daily pain diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	

Daily pain diary

Date:	
Time:	
Pain scale rating:	
Medicine and dose:	
Medicine side effects:	
What made the pain better today?	
What made the pain worse today?	