

Preparing for Your Visit

In order for your doctor to understand your pain, you will be asked to answer questions about your pain such as:

- Where is your pain?
- How often do you have pain?
- What time of day is your pain the worst?
- What gets your pain started?
- Does your pain stay, or come and go?
- What have you tried that makes your pain better?
- Does your pain make you sad?
- What do you think causes your pain?
- Does pain cause you problems with your personal needs such as getting dressed, combing your hair, shaving, bathing, or eating?
- What medications have you used in the past for your pain?

Your doctor may ask you to rate your pain:

Choose a face that best describes how you feel:

A. Mild pain: 1-3

B. Moderate: 4-7 (interferes with sleep*)

C. Severe: 8-10 (interferes with all activities**)

