

Prepare for Your Visit

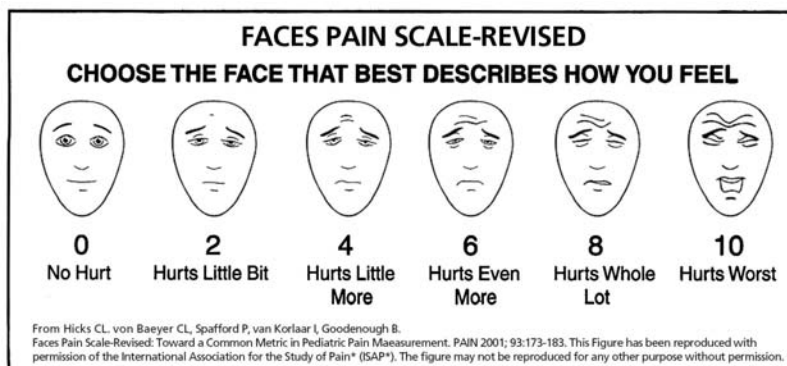
In order for your doctor to understand your pain, you will be asked to answer questions about your pain such as:

1. Where is your pain?
2. How does your pain feel?
3. How often do you have pain?
4. What time of day is your pain the worst?
5. What gets your pain started?
6. Does your pain stay, or come and go?
7. What makes your pain better?
8. What makes your pain worse?
9. What have you tried that makes your pain better?
10. Does your pain make you sad?
11. What do you think causes your pain?
12. Does pain cause you problems with your personal needs such as getting dressed, combing your hair, shaving, bathing or eating?
13. 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 (now):

- A. Mild pain: 1-3 on average
B. Moderate: 4-7 (interferes with work or sleep*) best
C. Severe: 8-10 (interferes with all activities**)worst



For more information view, CompassionAndSupport.org.