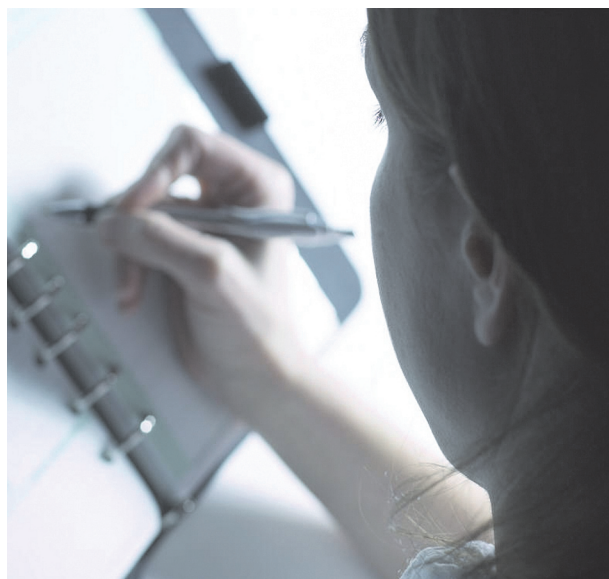


Your Health: How to Keep a Pain Diary



When you have pain, you may not be able to sleep, you may have trouble thinking, and you can have problems getting along with others.

Pain may make it hard for you to do your normal activities, such as going to work. The good news is that medicine and other methods for treating pain can help you feel better, be more active, and enjoy your family and friends.

Understanding your pain—when it happens, what causes it, what makes it better—can help your doctor find the best ways to treat it. The more specific you can be, the better your doctor will be able to help you.

A pain diary may help you and your doctor find the cause of your pain and what makes it better or worse. The following is an example of a pain diary and the items you may want to keep track of.

Pain diary

Question	Notes
Describe the pain: <ul style="list-style-type: none"> • Where is the pain located? • Is it throbbing, sharp, tingling, shooting, or burning? • Is it constant, or does it come and go? 	
How severe is the pain today? Rate your pain from 0 to 10, with 0 being no pain and 10 being the worst pain.	
Does the pain change at different times of the day? When?	

Question	Notes
Does the pain get worse before or after meals?	
Does the pain get better or worse with activity? What kind of activity?	
Does the pain keep you from falling asleep at night, or does it wake you up?	

Pain intensity scale

0	1	2	3	4	5	6	7	8	9	10
No pain	Mild				Moderate			Severe		Worst pain imaginable

Daily diary

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