

PREPARING TO VISIT YOUR HEALTHCARE PROVIDER

Effectively treating pain requires a good partnership between you and your healthcare provider. It helps to be well prepared for every appointment. It is also important to speak up and tell your healthcare professional exactly what you are experiencing. Be as open and honest as possible.

HERE ARE SOME THINGS YOU CAN DO TO PREPARE FOR AN APPOINTMENT:

- Keep a daily pain diary, recording the amount of pain, time when pain was experienced, what you did to help the pain, and its effect. It is helpful to include the medications that you have taken and your activities.
- Describe your pain using words like throbbing, stabbing, burning, aching, tingling, dull, pressing, sharp, deep, etc.
- Rate your pain on a scale of 0 to 10, with 0 being no pain and 10 being the worst pain you can imagine.
- Bring a family member or friend along to medical visits to make sure you don't miss important information. Take notes if you find it helpful.

GENERAL QUESTIONS TO ANSWER AND BRING WITH YOU:

- Is your pain in one place or several? Does your pain move around?
- What makes your pain better? What makes it worse?
- How does your pain affect your daily life? Your sleep? Your work? Your exercise? Your mood?
- What have you tried to relieve your pain?

LIST YOUR MEDICATIONS:

SYMPTOMS AND SIDE EFFECTS:

NOTE ANY SIDE EFFECTS YOU HAVE EXPERIENCED, HOW LONG IT TAKES YOUR MEDICATION TO WORK AND HOW LONG YOUR PAIN RELIEF LASTS:

QUESTIONS? AS YOU THINK OF QUESTIONS FOR YOUR NEXT APPOINTMENT, RECORD THEM HERE:

Action Atlantic is a grassroots group of patients, doctors and healthcare professionals who are working together to improve chronic pain care in Atlantic Canada.

www.paincantwait.ca

