

PAIN

Managing Chemotherapy Side Effects.

It's important to treat pain.

If you find that you are in pain, don't put up with it. There are many medicines to help lower or get rid of pain. Talk with your doctor to learn about medicine that can help you. Ask what other things, like massage or acupuncture, could also help. Remember, being in less pain will help you feel stronger and better.

Call the doctor or nurse if:

The pain isn't getting better or going away.

The pain comes on quickly.

The pain makes it hard to eat, sleep, work, or play.

You feel new pain.

The pain medicine is

Tips to get the most out of your pain medicine:

Ask **how much** pain medicine to take. Take the right amount of medicine each time you are supposed to.

Ask **when** to take the pain medicine. Take the pain medicine on time. If you take the pain medicine too late, it may not work as well.

Tell your doctor or nurse if the pain does not go away after you take the medicine.

Tell your doctor or nurse if you are in pain, but it's not yet time to take the pain medicine.

Don't stop taking the pain medicine unless your doctor tells you to.

Keep track of the pain.

Each day, write about any pain you feel. This will help you talk with your doctor or nurse. Use a notebook or separate piece of paper to fill in the information below.

1. The pain is dull, sharp, burning, shooting, throbbing, or: _____ (Add your own words if these don't describe the pain you feel.)
2. On a scale of 1 to 10, where "10" is the most pain and "1" is the least pain, I feel this much pain: _____
3. I feel the most pain when: _____
4. Things I can't do because of the pain: _____
5. This makes the pain feel worse: _____
6. This makes the pain feel better _____

