Pain and Discomfort Log

Keep track of your discomfort using this log and bring it to your appointment. This will help your doctor gain a better understanding of your pain history. Fill in the log to the best of your recollection; details need not be terribly accurate, but a close approximation is better than having no record at all.

- In the first column, be sure to list the time your pain started as well as the date; this may help you find a pattern in the painful episodes.
- In order to record the duration, you might record the time it was when you realized that you no longer felt the pain, or simple jot down about how long the pain seemed to last in minutes or hours.
- For the severity of pain you may want to use the ranking system of 1 – 10 where 1 is minimal pain and 10 is excruciating pain. Include any comments in this column that you might have about this particular episode; describe the pain (dull, sharp, throbbing, constant…); list activity the pain followed or any detail you feel is relevant.

Date and Time of Pain	Duration of Pain	Severity of Pain Comments