

Sample Pain Diary

Date & Time	Pain score (0 to 10)	Where pain is and how it feels (ache, sharp, throbbing, shooting, etc.)	What I was doing when it began	Name, time, and amount of medicine taken	Non-drug techniques I tried	How long the pain lasted	Other notes
3/12 7:40 AM	8	Stabbing pain in right side under my arm	Getting out of bed	1 Percocet at 7:45 AM	Deep breathing	About 35 min.	Pain came down to a 3, and I was able to get up and shower at 8:30.

Source: American Cancer Society, "Pain Control: A Guide for Those with Cancer and Their Loved Ones," October 2010. Available at www.cancer.org.