

**Take Charge:**  
**Manage your Pain!**

Keep track of when and where you feel pain and discuss it with your doctor:

Date (DD/MM/YY)	
Description of pain	
Actions taken	
Date (DD/MM/YY)	
Description of pain	
Actions taken	

Review your chart to see if your pain is getting better, and what actions help ease your pain. If you cannot manage your pain or it gets worse, call your doctor.