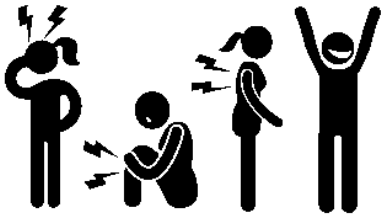
Hudson Regional Cancer Program
RVH Royal Victoria Regional Health Centre
Ontario Health

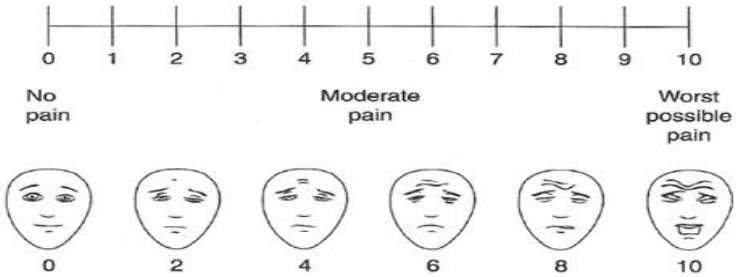


Pain Diary

This pain diary will help you track the usage of your pain medications.

Pain medication	Dosage

The pain scale is used to rate your pain level from 0 to 10 (0 is no pain and 10 is the worst pain).



Date	Time	Pain level before medication (0-10)	Medication taken	Pain level after medication (0-10)

To print your own copy, please go to www.rvh.on.ca and type in “pain diary” in the search bar.

Date	Time	Pain level before medication (0 to 10)	Medication taken	Pain level after medication (0 to 10)

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