

My pain diary

Keep a diary of your **pain** and take it to your appointments with your doctor or nurse. This can help you and your health professional understand how your pain is affecting you and see if there is anything that makes it better or worse.

Keeping track of my pain

Fill this in when you get pain.

How bad Use this so		•	our diar	у.					
0 1 No pain	2	3	4	5 ⁄lodera pain	6 ate	7	8	9 Wors''	•

What does the pain feel like?

These words might help you describe your pain.

aching

piercing

tender

acrilingsharp

burning

stabbing

constant

dull

- shootingradiating
- spreadingcomes and goes

Date	Time	Where is the pain?	How bad is the pain? (0 to 10 – use the pain scale above)	What does the pain feel like?	Did you take any medicine? What did you take? How much?	Did the medicine help?	Did anything else help with the pain?	Did anything make the pain worse?
Example: 16th September	3pm until 5pm	Left hip bone	6	Aching and dull	Two tablets of paracetamol	Still in pain but much less	Listening to music to distract myself	Sitting in an uncomfortable chair



How did it go?

Fill this in at the end of the week.

This week, how much has your pain interfered with these aspects of your life? Circle one number for each aspect of your life.

	Has not in	nterfered	Completely interfered 4		
Work	0	1	2	3	4
Social activities	0	1	2	3	4
Hobbies and sports	0	1	2	3	4
Sleep	0	1	2	3	4
Appetite	0	1	2	3	4
Mood	0	1	2	3	4
Concentration	0	1	2	3	4
Relationships	0	1	2	3	4
Sexual activity	0	1	2	3	4

Notes on how my pain has affected me this week:



Action plan

Fill this in at the end of the week.

Things I want to try, to help manage my pain next week:
Treatments to ask my doctor or nurse about:
Treatments to ask my doctor or nurse about.
Other things to ask my doctor or nurse about:
Other things to ask my doctor or harse about.

You shouldn't have to accept pain as a normal part of having cancer. Pain can affect your quality of life if it is not properly controlled. The earlier you ask for help, the easier it will be to get your pain under control. With the right treatment and management, your doctor and nurse should be able to help you control your pain.

If you have questions about treating or managing pain speak to our Specialist Nurses on **0800 074 8383** or chat to them online at **prostatecanceruk.org**