

Pain Medication Tracking Log

Use this log to track your daily pain medications, timing, and any side effects. Bring it to each appointment so your care team can review and adjust your plan if needed.

Tips:

- Record each pain medication dose as soon as you take it.
- Note your pain level before and after, and any side effects like nausea or drowsiness.
- Bring this log to your next pain management appointment.

Date	Medication & Dose	Time Taken	Pain Level (0-10)	Side Effects / Notes	Next Dose Time

**This content was created with the assistance of AI. Any AI-generated content was reviewed by a Nurse Practitioner.