

## Patient Pain Management Plan

With your primary care doctor, develop a targeted goal for pain relief. Include both when you are at rest and with movement. Together, identify and write down your pain management plan to achieve your goal.

**Your pain management plan and goal.**

**Track your pain medications in the chart below.**

What is this medicine called? <b>MEDICATION NAME</b>	How much do I take? <b>DOSE</b>	How often do I take it? <b>FREQUENCY</b>	What is the medication for? <b>INDICATION</b>	Is it taken with food or water? <b>TAKE WITH</b>

## If You Are Prescribed Opiates for Pain

- **Never take opioids in greater amounts or more often than prescribed.**
- **Help prevent misuse.**
  - Never sell or share prescription opioids.
  - Never use another person's prescription opioids.
- **Store prescription opioids in a secure place** and out of reach of others (this may include visitors, children, friends, and family).
- **Safely dispose of unused prescription opioids:** Find your community drug take-back program, police department, or your pharmacy mail-back program.
- **Learn about the risks of opioid misuse and overdose.**
  - Visit <http://www.cdc.gov/drugoverdose>
- **Tell your health care provider and ask for guidance if you believe you may be struggling with addiction** or call SAMHSA's National Helpline at 1-800-662-HELP (4357).