

Name:

Date:

Pain medicines See Medicines List at nps.org.au/medicineslist

| NAME OF MEDICINE (prescription and over-the-counter) | STRENGTH | WHAT IS THE MEDICINE FOR? | HOW MUCH DO I USE AND WHEN? | SPECIAL INSTRUCTIONS OR COMMENTS (including date and progress) |
|---|----------|---------------------------|-----------------------------|---|
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Download the [MedicineWise app](#) to keep track of your medicines and store health information such as blood test results.



Other ways to help manage my pain (non-medicine strategies)

If my pain gets worse my doctor recommends

Non-medicine strategies

▶

▶

Medicines (include details as in the table above)

▶

▶

To help me manage my pain better (patient to fill out)

What makes my pain worse?

What makes my pain better?

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