Please use this Diary to track your pain and present it to the physician upon your visit. You can print the Diary, fill it out and present it to the physician. You may also obtain this form from our pharmacy. This will help the physician to determine in what area you're experiencing pain and how intense it is. This determination will then allow for a better drug regimen and a better therapeutic outcome.

It is our goal to help you experience a better quality of life by managing your pain. We understand that pain can be a very emotional experience. We want to help you as quickly as possible, but we ask that you please understand that a diagnosis and valid prescription is required from a physician for all prescription medications.

Patient's Diary of Pain

Description and Location of Pain	Triggers that Create or Intensify Pain	Frequency of Pain	Pain Level and Date Recorded (Range, 1 [less] through 10 [worse])	Past and Present Medications Taken for Pain Relief