

Pain Control Zones

Your Zone Today is:

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| <p>Green: All Clear</p> | <p>This is your goal. Your pain is under control.</p> <ul style="list-style-type: none"> ■ You don't need to use pain medicine often. ■ You don't have new pain or pain that's getting worse. ■ You can be as active as usual. ■ You can do tasks to take care of yourself. <p>Action:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your medicines as prescribed. <input type="checkbox"/> Keep all doctor appointments. <input type="checkbox"/> Do gentle stretching, get enough sleep, and eat healthful foods. |
| <p>Yellow: Warning</p> | <p>This is a warning. Your pain is mostly under control.</p> <ul style="list-style-type: none"> ■ You need pain medicine "as needed" to manage pain. ■ You limit some activities because of pain. ■ Pain makes it hard to sleep or concentrate. ■ You can't do activities as expected from the hospital. ■ You are taking more pain medicine "as needed" over 24 hours. ■ You reach the maximum dose of medicines in one day. <p>Action:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify and control your pain triggers. <input type="checkbox"/> Try non-medicine ways to control pain. (See page 2.) <input type="checkbox"/> Consider increasing your pain medicine dose or how often you take it. Do not take more pills than you are prescribed. <input type="checkbox"/> If you have stronger pain medicine, try it. |
| <p>Red: Urgent</p> | <p>This is urgent. Your pain is not under control.</p> <ul style="list-style-type: none"> ■ You have pain despite taking medicine and trying non-medicine ways to control pain. ■ You have fallen or been injured due to the pain. ■ You can't sleep. ■ You have side effects from your pain medicine. <p>Action:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Call your doctor or clinic! <ul style="list-style-type: none"> — Name: _____ — Number: _____ |

Non-medicine Ways to Treat Pain

Pain medicine isn't the only way to ease your pain. You may try:

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| <ul style="list-style-type: none"> ■ walking ■ back rub ■ emotional support ■ heat or cold therapy ■ noise reduction | <ul style="list-style-type: none"> ■ music ■ relaxation ■ rest ■ aromatherapy ■ change in lighting | <ul style="list-style-type: none"> ■ massage ■ prayer or spiritual care ■ change in positions ■ change in temperature |
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Talk with your doctor if you would like to try:

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| <ul style="list-style-type: none"> ■ acupuncture ■ chiropractic | <ul style="list-style-type: none"> ■ biofeedback | <ul style="list-style-type: none"> ■ physical therapy |
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Common Medicines

Pain:

- Tylenol® (acetaminophen)
- Motrin® (ibuprofen)
- Naprosyn® (naproxen)
- Ultram® (tramadol)
- Tylenol #3® (acetaminophen/codeine)
- Vicodin® (acetaminophen/hydrocodone)
- Norco® (hydrocodone bitartrate/acetaminophen)
- Percocet® (acetaminophen/oxycodone)
- Oxycontin® (oxycodone)
- Dilaudid® (hydromorphone)

Constipation:

- Dulcolax® (bisacodyl)
- Citrucel® (methylcellulose)
- Colace® (docusate sodium)
- Fibercon® (calcium polycarbophil)
- Metamucil® (psyllium)
- Milk of Magnesia (magnesium hydroxide)

- Miralax® (polyethylene glycol 3350)
- Senokot-S® (senna)

Constipation (being unable to have a regular bowel movement) is a common side effect of many pain medicines. To prevent constipation:

- Drink plenty of liquids.
- Eat foods high in fiber diet, such as beans, whole grains, and fresh fruits and vegetables.
- Get regular exercise.
- Consider taking over-the-counter medicines listed above if food and exercise don't help.

Nausea (Upset Stomach):

- Anzemet® (dolasetron)
- Compazine® (prochlorperazine)
- Phenergan® (promethazine)
- Reglan® (metoclopramide)
- Zofran® (ondansetron)

Anxiety:

- Ativan® (lorazepam)
- Buspar® (busiprone)
- Cymbalta® (duloxetine)
- Lexapro® (escitalopram)
- Paxil® (paroxetine)
- Xanax® (alprazolam)

Muscle Relaxers:

- Lioresal® (baclofen)
- Soma® (carisoprodol)
- Flexeril® (cyclobenzaprine)
- Robaxin® (methocarbamol)

Other:

- Atarax® (hydroxyzine)
- Benadryl® (diphenhydramine)
- Elavil® (amitriptyline)
- Pamelor® (nortriptyline)
- Lyrica® (pregabalin)
- Tegretol® (carbamazepine)
- Neurontin® (gabapentin)