

PAIN MANAGEMENT CHECKLIST

- Bring your caregiver to meetings with your doctor about pain management

- Ask your doctor for counseling on the potential dangers of medication

- Create a “pain contract” with your doctor, which documents which pain medications you’ll use, the risks associated, and other terms

- Ask if a lower dosage is right for you

- Ask if you should start with a shorter prescription or fewer pills

- Ask about non opioid options

- Ask about multimodal pain management – which includes a variety of pain treatments and uses fewer opioids