

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