

My symptoms (and how long you've had them):

1. _____
2. _____
3. _____
4. _____

My health questions:

1. _____
2. _____
3. _____
4. _____

My medication questions:

If you are prescribed a medicine, ask a doctor, nurse, or pharmacist:

1. What is this medicine for?
2. Is it an opioid?
3. How much should I take and how often?
4. How long will I be on this medicine?
5. What are the risks and side effects?
6. Does it interact with any of my other medicines?
7. Does it interact with alcohol?
8. _____
9. _____
10. _____

Alternatives to prescription opioids (painkillers) for pain:

If your healthcare provider prescribes an opioid for pain, ask if there are ways to manage your pain that don't involve prescription opioids:

- Could physical therapy or exercise help?
- Could taking pain relievers such as acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®), and naproxen (Aleve®) help?
- Could taking other types of medicine (such as some used for depression or seizures that can also treat pain) help?
- Could talking to a counselor or therapist about ways to reduce pain or stress help?