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?