

# COPING WITH PAIN IS HARD. TALKING TO YOUR DOCTOR ABOUT IT IS EASY.



Talking openly with your doctor is the best way to make sure any pain you have, or expect to have, is managed carefully. **Here are 7 simple questions to ask your doctor:**

## 1 WHAT PAIN MEDICINE IS BEST FOR ME RIGHT NOW?

There are opioid and non-opioid choices for pain relief.

## 2 HOW SHOULD I TAKE IT?

Ask how many, how often, how long and when you should take your drug.

## 3 AM I STARTING WITH THE LOWEST DOSE POSSIBLE?

Start at the lowest dosage then work your way up if your doctor agrees.

## 4 WILL THIS DRUG INTERACT WITH OTHER DRUGS I TAKE?

Tell your doctor about everything you take, even daily vitamins and over-the-counter drugs.

## 5 WHAT SHOULD I DO IF MY PAIN GETS WORSE OR I DON'T FEEL RELIEF?

Keep track of how often this happens and tell your doctor.

## 6 ARE THERE ANY DRUG-FREE WAYS TO RELIEVE MY PAIN?

Physical therapy, exercise, relaxation techniques and more can help you take less pain medicine or even avoid taking a drug for pain.

## 7 DO I HAVE TO FILL THE WHOLE PRESCRIPTION?

Opioid prescriptions for pain from an injury or minor surgery are often written for 7 days. If the doctor expects your pain to last just 2 or 3 days, see if he or she will prescribe fewer pills or talk to your pharmacist about filling part of your prescription at a time.



Louisiana

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