

My Freedom From Pain Medications Plan

Self-Care Tips

- Exercise
- Yoga / Stretching
- Deep Breathing
- Distraction / Hobby
 Walking
- Massage
- Meditation
- Acupuncture
- Counseling
- Ice / Heat
- Music
- Aromatherapy

Free Apps for iphone or android:

- Calm
- Omvana
- Headspace

Resources Websites:

www.painconnection.org www.painmed.org/patientcenter

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I take	
for my	pain.
My medication goal is to decrease from	om
by	
I want to be able to	
I am working with (doctor)	
Telephone:	
Side Effects:	
Nausea Diarrhea Cram	ping Trouble Sleeping
Restlessness or High Blood Pressure	Pain or Fever
My Rescue Plan: 1. Call Doctor first, do not go to Emer 2. If I want someone to talk to, call BI	

My Freedom From Pain Medications Plan

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3. 24hr Advice Nurse Line: (866) 778-8873

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I ta	ke	
1 00		pair
on goal is to de	crease from	I
C	by	
ble to		
with (doctor)		
s:		
Diarrhea	Cramping	Trouble Sleeping
Restlessness or High Blood Pressure		Pain or Fever
	on goal is to de able to with (doctor) s: Diarrhea	s: Diarrhea Cramping

1. Call Doctor first, do not go to Emergency Room unless directed 2. If I want someone to talk to, call BEACON (855) 765-9703

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	I ta	ke	
for my			pain
My medicati	on goal is to de	crease from	
		by	
I want to be	able to		
I am workin	g with $(doctor)$		
Telephone: _			
Side Effec	ts:		
Nausea	Diarrhea	Cramping	Trouble Sleeping
Restlessness or High Blood Pressure		Pain or Fever	
2. If I want so	first, do not go	o, call BEACO I	Room unless directe N (855) 765-9703



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My medicat	ion goal is to dec	crease from	
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I want to be	able to		
I am workin	g with $(doctor)$		
Telephone:			
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Nausea	Diarrhea	Cramping	Trouble Sleeping
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My Rescue P	Plan•		

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