

Talk to your doctor about developing a pain goal or a targeted goal you wish your pain level to be, both at rest and with movement. Work with your doctor to develop a pain management plan that will work to achieve your pain goal and write it here:

---



---



---



---



---



---

**Once you leave the hospital, please keep track of the pain medication you are taking**

What is this medicine called? <small>MEDICATION NAME</small>	How much do I take? <small>DOSE</small>	How often do I take it? <small>FREQUENCY</small>	What is the medicine for? <small>REASON FOR TAKING</small>	Do I take it with food or water? <small>TAKE MEDICINE WITH</small>

It is important that you understand all the pain medications you are taking. Use the chart above to help keep track of your pain medications.

Talk to your doctor about developing a pain goal or a targeted goal you wish your pain level to be, both at rest and with movement. Work with your doctor to develop a pain management plan that will work to achieve your pain goal and write it here:

---



---



---



---



---



---

**Once you leave the hospital, please keep track of the pain medication you are taking**

What is this medicine called? <small>MEDICATION NAME</small>	How much do I take? <small>DOSE</small>	How often do I take it? <small>FREQUENCY</small>	What is the medicine for? <small>REASON FOR TAKING</small>	Do I take it with food or water? <small>TAKE MEDICINE WITH</small>

It is important that you understand all the pain medications you are taking. Use the chart above to help keep track of your pain medications.

**Common Medications, Ingredients and Side Effects**

Here is a list of common medications used to treat pain. These may not be available at all hospitals. If you are given any of these, watch for any of the possible side effects, and make a note to tell your medical care team if you do.

Medications with Few Side Effects (for Mild to Moderate Pain)			
Name	Active Ingredient	Side Effects	Administration
Tylenol	Acetaminophen	None	Pills, liquid or IV
Motrin	Ibuprofen	Some stomach discomfort	Pills, liquid or IV
Aleve	Naproxen	Some stomach discomfort	Pills
Medications with Some Side Effects (for Mild, Moderate or Severe Pain)			
Toradol	Ketorolac	Mild bleeding risk	Pills or IV
Neurontin	Gabapentin	Sedation	Pills
Lyrica	Pregabalin	Sedation	Pills
Local Anesthetics	Lidocaine, bupivacaine, ropivacaine	Numbness	Injection or patch
Steroids	Dexamethasone, hydrocortisone	Can increase glucose levels in diabetics	Pills or IV
Aspirin	Acetylsalicylic acid	Some stomach discomfort, easy bruising or bleeding	Pills
Medications with More Side Effects (for Severe Pain)			
Morphine	Morphine	Constipation, dizziness, sleepiness, nervousness, nausea	Pills, liquid, IV or IV patient controlled
Dilaudid	Hydromorphone	Constipation, dizziness, sleepiness, nervousness, nausea	Pills, liquid, IV or IV patient controlled
Fentanyl	Fentanyl	Constipation, dizziness, sleepiness, nervousness, nausea, problems breathing	IV or patch
Vicodin/Lortab/Norco	Hydrocodone/acetaminophen	Constipation, dizziness, sleepiness, nervousness, nausea	Pills
Percocet	Oxycodone/acetaminophen	Constipation, dizziness, sleepiness, nervousness, nausea	Pills



L-59 (3/22)

www.mhakeystonecenter.org



**Common Medications, Ingredients and Side Effects**

Here is a list of common medications used to treat pain. These may not be available at all hospitals. If you are given any of these, watch for any of the possible side effects, and make a note to tell your medical care team if you do.

Medications with Few Side Effects (for Mild to Moderate Pain)			
Name	Active Ingredient	Side Effects	Administration
Tylenol	Acetaminophen	None	Pills, liquid or IV
Motrin	Ibuprofen	Some stomach discomfort	Pills, liquid or IV
Aleve	Naproxen	Some stomach discomfort	Pills
Medications with Some Side Effects (for Mild, Moderate or Severe Pain)			
Toradol	Ketorolac	Mild bleeding risk	Pills or IV
Neurontin	Gabapentin	Sedation	Pills
Lyrica	Pregabalin	Sedation	Pills
Local Anesthetics	Lidocaine, bupivacaine, ropivacaine	Numbness	Injection or patch
Steroids	Dexamethasone, hydrocortisone	Can increase glucose levels in diabetics	Pills or IV
Aspirin	Acetylsalicylic acid	Some stomach discomfort, easy bruising or bleeding	Pills
Medications with More Side Effects (for Severe Pain)			
Morphine	Morphine	Constipation, dizziness, sleepiness, nervousness, nausea	Pills, liquid, IV or IV patient controlled
Dilaudid	Hydromorphone	Constipation, dizziness, sleepiness, nervousness, nausea	Pills, liquid, IV or IV patient controlled
Fentanyl	Fentanyl	Constipation, dizziness, sleepiness, nervousness, nausea, problems breathing	IV or patch
Vicodin/Lortab/Norco	Hydrocodone/acetaminophen	Constipation, dizziness, sleepiness, nervousness, nausea	Pills
Percocet	Oxycodone/acetaminophen	Constipation, dizziness, sleepiness, nervousness, nausea	Pills



L-59 (3/22)

www.mhakeystonecenter.org