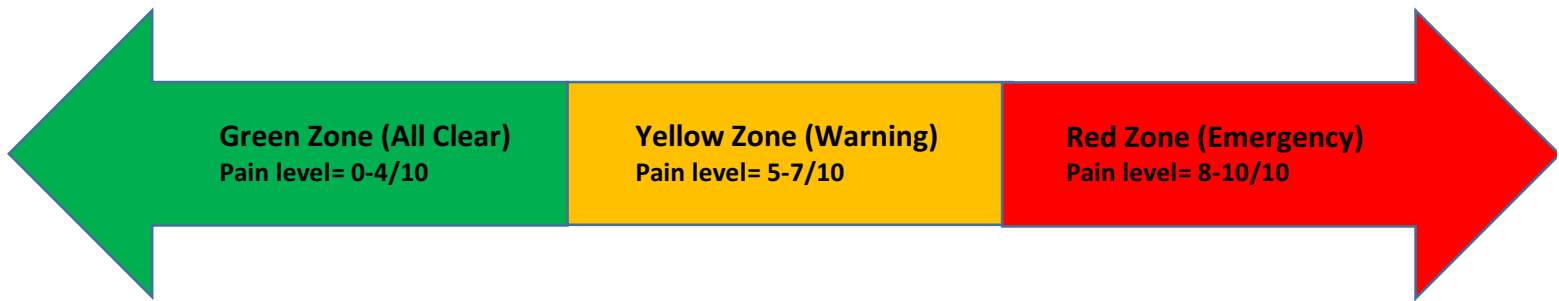


## PAIN ZONE GUIDE



- You are able to do basic activities and rest comfortably
- You do not have any new pain
- If you're taking opioid pain medication, your bowels are moving at least every 2-3 days

### **Doing good!!**

- You are managing your pain at an acceptable level
- Continue medicines as ordered
- Continue ice/heat/topical therapy as needed
- If you feel comfortable, try to alternate your opioids with OTC pain medicines

- Pain that is not at your comfort level with your usual treatments
- You are not able to do basic activities or rest comfortably
- If you are taking opioid medication, your bowels have not moved in 2-3 days
- You are sleeping more than usual and feel more tired
- You feel sick at your stomach

### **Contact us today!**

- Do not take more meds than prescribed
- Your pain control plan may need to change
- Call our pharmacy.

- You are not getting any relief from your usual medications
- Your bowels have not moved for more than 3 days
- You feel extremely sleepy
- You are throwing up
- You are confused
- You feel your breath becoming shallow and slow

### **Contact us immediately!**

- Act right away- Call your doctor/pharmacist
- If you suspect an overdose, administer Naloxone and call 911.