Give a voice to your pain

Please complete this questionnaire and bring it with you to your next appointment.

If you're experiencing breakthrough cancer pain, it is important that your doctor understands exactly what you're going through so you can get the right treatment. To ensure you have a meaningful discussion at your next appointment, please fill out this brief questionnaire and bring it with you. You can use the example responses if they accurately reflect your experiences, or fill in your own.

1. I am already taking ______________________________, but have breakthrough cancer pain
   Please fill in the medication(s) you are already taking for underlying cancer pain

2. I take my around-the-clock opioid medication(s) ____ times per day
   Please enter number of times

3. My breakthrough cancer pain makes me feel __________________________________________
   Examples: angry, depressed, frustrated, exhausted, resentful, [other]

4. My breakthrough cancer pain is ______________________________________________________
   Examples: sharp, stabbing, unexpected, unpredictable, [other]

5. My breakthrough cancer pain usually occurs __________________________________________
   Examples: in the morning, in the afternoon, in the evening, at night, [other]

6. I usually feel breakthrough cancer pain in my __________________________________________
   Examples: head, chest, back, arms, legs, shoulders, [other]

7. I have breakthrough cancer pain ____ times per day
   Enter the number of times

8. When I have breakthrough cancer pain, I find it difficult to ______________________________
   Examples: eat, sleep, look after children/grandchildren, work, [other]

9. Once it starts, my breakthrough cancer pain typically lasts ____ minutes or ____ hours
   Enter number of minutes or hours

10. My breakthrough cancer pain usually becomes ___________________________ over time
    Indicate better, worse, or stays the same

Get the help you need. Whether you’re being treated by a pain specialist, oncologist, or other doctor for your underlying cancer pain, use this questionnaire to make sure your healthcare provider understands how breakthrough cancer pain is affecting your life.