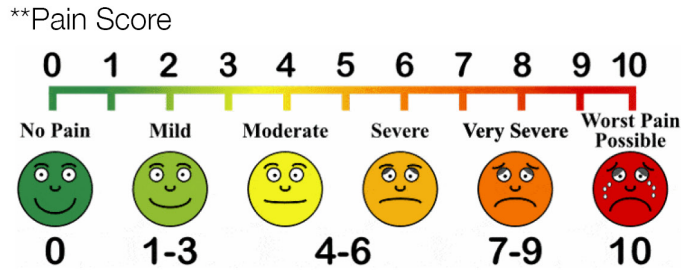




PAIN MANAGEMENT FLOWSHEET

Use this chart to keep track of your pain, non-medication actions, and medications to prevent taking more than 3200mg acetaminophen in a 24 hour period.



Date / Time	**Pain Score	Action Plan: Green Zone Yellow Zone Red Zone	Non-medication Action(s): *Non-medication therapy and how long	Medication Action(s): *Medications & Dose	Contain how many mg Acetaminophen	Running Daily Total of Acetaminophen (<3200mg in a 24hr period)

Please bring this flowsheet to your follow-up appointment.