

CHRONIC PAIN CHECKLIST

QUESTIONS TO ASK YOUR DOCTOR

Discussing your chronic pain with your doctor can be an important step in finding relief.

Be sure to bring your results from the online Chronic Pain Questionnaire,* as well as information on your previous treatments tried, in order to drive a more meaningful conversation. Always take time to prepare for your conversations with your doctor.

This list of suggestions and questions can help you get started.

You can print this page and bring it with you to your next office visit.

BEFORE YOU MEET WITH YOUR DOCTOR:

- Write down questions to bring with you. A first list of questions can be found below.
- Gather your medical records to share.
- Be ready to take notes to help you remember important points.
- Consider bringing a friend or family member to your appointment or procedure.

WHEN YOU MEET WITH YOUR DOCTOR, TELL HIM/HER:

- About your symptoms: when they began, how often they happen, how long they last and what they feel like.
- Your medical history.

WHEN YOU MEET WITH YOUR DOCTOR, ASK:

- How well do you understand the pain I feel?
- Do I need to see a specialist for my pain?
- What is the severity of my condition?
- Will neurostimulation work for me?
- Will neurostimulation work if I have pain in more than one area?

- What type of neurostimulation would work best for the pain I'm experiencing?
- What restrictions will I have with a neurostimulation system?
- Will my neuromodulation system be able to accommodate possible changes to my pain over time?
- Will I be able to stop taking pain medication?
- What are some side effects experienced by patients?
- What can I expect when receiving a neuromodulation system?

DURING YOUR DISCUSSION, YOUR DOCTOR SHOULD GIVE YOU:

- A clear explanation of your condition, diagnostic tests and treatment options, as well as the risks and benefits of treatments.

BEFORE AND AFTER YOU MEET WITH YOUR DOCTOR:

- Talk about your treatment options with family, friends and others in your life. It is a helpful way to receive the support and care you need. They can offer support as you begin to prepare for treatment, a hospital stay and recovery.

► Learn more on [AboutMyPain.co.uk](https://www.aboutmypain.co.uk)

* Chronic Pain Questionnaire on [aboutmypain.co.uk](https://www.aboutmypain.co.uk)

Unless otherwise noted, ™ indicates that the name is a trademark of, or licensed to, St. Jude Medical or one of its subsidiaries. ST. JUDE MEDICAL and the nine-squares symbol are trademarks and service marks of St. Jude Medical, LLC and its related companies. © 2017 St. Jude Medical, LLC. All Rights Reserved.

EM-CPG-0617-0033 | Item approved for use in the UK only.

ST. JUDE MEDICAL IS NOW ABBOTT

 ST. JUDE MEDICAL