

# 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<sup>™</sup> 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)

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