



Tracking your pain

Keep track of how you're managing your pain with this tracking table. Please fill in the times you take each medication so you don't accidentally double or miss a dose.

Pain management tracking table

Name of Medication	Dose	Frequency	Notes	Schedule			
				Write down the time you took the medication			
				A.M.	Midday	P.M.	Bedtime
Acetaminophen (Tylenol)	625 mg	Every 6 hours	Take on a schedule whether in pain or not. Do not exceed 4,000 mg in a 24-hour period.				
Ibuprofen (Motrin)	600 mg	Every 8 hours	Take only as needed for moderate pain.				
Oxycodone	1 tablet (5 mg)	Every 6 hours	Take only as needed for severe pain.				
Ice	N/A	20 mins every 1-2 hours	Put ice pack on cloth over the mons (not touching skin).				
Lidocaine patches	1 patch for up to 12 hours	1 patch a day	Cut in half – put half on each side of the labia majora. "12 hours on, 12 hours off."				
Polyethylene glycol (Miralax)	1 capful in 8-12 oz liquid	Every day	Take daily to prevent constipation for 1 month.				