

*Appendix 8 - Questions to Ask Your Doctor
on the Day of Your First Appointment*

1. What is the source of my pain?
2. How were you able to confirm that?
3. Do I need to have any additional testing to help confirm this diagnosis?
4. What are potential triggers for my pain?
5. Will my pain treatment plan be able to help lessen the triggers?
6. What else can be done to help me with this?
7. Which medication(s) can help manage my pain?
8. What are some of the potential side effects of treatment?
9. If I am allergic to a medication, what is an alternative option?

10. How many patients have you treated with this type of pain?

11. What type of treatment options have you offered to other patients?

12. Were those treatment options successful? If so, what made them successful?

13. What can I do to help make treatment successful?

14. What kinds of alternative pain therapy would you prescribe for me if I am not interested in taking medication?

15. What type of modifications can I make to my diet or exercise to help regulate my pain?