

Medication and Pain Log

A response record for medication timing, relief, fallout, and the tradeoffs people forget once the day gets messy.

Routing Note

- Need:** Medication changes live or die on timing, relief, and fallout. This sheet keeps that story from dissolving into guesswork.
- Tool:** Reach for it when the real question is not did I take it, but what changed after I took it and what did it cost me.
- Rule:** Write the tradeoff cleanly. Less pain, more nausea. Better sleep, worse brain fog. That is the evidence.

Name: _____

Date Range: _____

Prescriber / Clinic: _____

Medication focus: _____

Pain Scale Reference (0–10 NRS)



Medication Response Log

Record one row for each dose or treatment. Capture pain before and after so response patterns are visible during medication reviews.

Date	Medication / Treatment	Dose	Time	Pain Before	Pain After	Relief Duration	Side Effects

What Changed?

Note whether the medication improved function, sleep, flare recovery, or caused tradeoffs that matter clinically.

Date	Function Improved?	Sleep Impact	Activity Tolerance	Other Notes

Questions for Medication Review