



Download and print copies of this pain medicines record card, and read more about pain and pancreatic cancer at [pancreaticcancer.org.uk/pain](https://pancreaticcancer.org.uk/pain)

## Pain medicines record card

Keeping a record of your pain medicines can help you remember what you are taking, and when to take them. Write down your medicines and the time you take each dose, and tick when you have taken them. You can ask your doctor or nurse for help listing your medicines.

Medicine	Dose	Time Write down the times you take your medicines	Tick when taken							
			Mon	Tues	Wed	Thur	Fri	Sat	Sun	
<i>Pregabalin First dose</i>	<i>150mg (3 tablets)</i>	<i>9am</i>	✓	✓	✓					
<i>Pregabalin Second dose</i>	<i>As above</i>	<i>6pm</i>	✓	✓						

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			Mon	Tues	Wed	Thur	Fri	Sat	Sun