

## PATIENT INSTRUCTIONS

- Please write clearly, using only **BLACK** or **BLUE INK** (pen provided).

### BREAKTHROUGH PAIN DIARY

- DAYS 1 to 7: Your pain diaries have been numbered Day 1, Day 2, Day 3....through to Day 7. During the following seven days, please complete the lemon diary pages for daytime (6am to 6pm) and mauve pages for night time (6pm to 6am). Please remember to write the date on the top of each sheet.
  - Day 1 is the day **after** the researcher gives you the pain diary. Please record all breakthrough pains from 6 am this day.
  - Please answer the questions on the diary for each pain episode you experience during the relevant 12-hour period, as soon as you can practically do so.
  - When you complete the daytime (lemon) diary pages, please remember to complete the **level of adaptation** question on the blue (second) page. This is where you tell us how you are coping with your breakthrough pain, from “coping very poorly” to “coping very well” by circling the number that best represents your level of coping.
  - Please also tell us, in your own words, the things that had the greatest impact on your ability to cope with the pain each day.
  - When you answer question 5, be sure to describe your pain at its **most intense** moment.

An investigator will telephone you or your carer at a prearranged time to collect this information.

If you have any further questions about these forms or the questions being asked of you, please contact your investigator.