



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Diagnostic nerve injection: patient pain diary

Pain management

Patient information

## Patient details:

## Diagnostic injection:

Date:

Time:

## What should I do with this diary?

After your injection, please complete the pain diary here.  
Have it to hand for your follow-up telephone appointment.

## What will the diagnostic injections do?

The aim of these injections is not to provide long-term pain relief. They are to help us diagnose where your pain is coming from. You may feel your pain gets better afterwards, but this is likely to be temporary (although sometimes it may be long lasting).

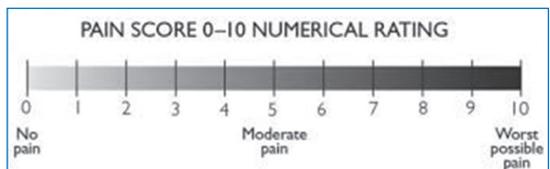
## What happens after I have these injections?

At an arranged time after this procedure, you will have a telephone appointment with one of the doctors or nursing staff. During this appointment, we will ask you for the information you have recorded in this diary.

This information is important to help assess your response, so please keep this diary safe.

Please complete the table below to record your pain scores for 24 hours after your diagnostic injection:

Please rate your pain using the rating scale.



Time	Pain score
Before the procedure	0 1 2 3 4 5 6 7 8 9 10
After the procedure	0 1 2 3 4 5 6 7 8 9 10
1 hour	0 1 2 3 4 5 6 7 8 9 10
2 hours	0 1 2 3 4 5 6 7 8 9 10
3 hours	0 1 2 3 4 5 6 7 8 9 10
4 hours	0 1 2 3 4 5 6 7 8 9 10
5 hours	0 1 2 3 4 5 6 7 8 9 10
6 hours	0 1 2 3 4 5 6 7 8 9 10
12 hours	0 1 2 3 4 5 6 7 8 9 10
24 hours	0 1 2 3 4 5 6 7 8 9 10

Date and time pain returned to pre-injection levels.

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care in Southlands.

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