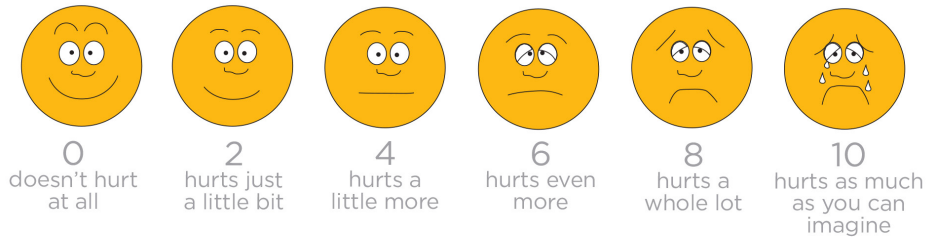


IBD tracking your pain

To help track the level of pain, you can use one of these pain scales. office visit planner.

pre-verbal / non-verbal

(children ages 2-18)



0-10 numeric pain intensity scale

(children ages 8-21 or older)



date/ time	level of pain/ discomfort	how long did the pain last?	details/notes <i>Examples: What were you doing at the time? Did it wake you up if you were sleeping? What did you try to feel better? What was the outcome?</i>

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