Let’s talk about pain...

- Pain can feel like any of the following: aching, stabbing, throbbing, pressure, gnawing, cramping, burning, tingling, shooting, and/or “pins and needles”.
- If any of these types of pain are accompanied by a fever (temperature greater than 38°C), please contact your healthcare team immediately.
- If you have new or increased back pain, go to the Emergency Room.
- If your pain is new, please contact your healthcare team.

What you can do

- Add light physical activity to your routine (e.g. walking, cycling, stretching, or swimming).
- Write down your pain level at the time you take your medicine and 1-2 hours after.
- Try activities that may help you cope with the pain (e.g. listening to music, breathing exercises, mindfulness-based stress reduction, guided imagery, hypnosis, or art therapy).

Seek More Advice

- Speak to your healthcare team to create a pain management plan to follow, including pain medications.
- Take your pain medications as prescribed. If you have concerns about pain medicines, talk to your healthcare team about other solutions.
- If you are taking pain medicine, ask your healthcare team if you also need medicine to prevent constipation.

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

Other resources

- More resources at: [mcgill.ca/rcr-rcn/patient](mcgill.ca/rcr-rcn/patient)

In your hospital

**Symptom Hotlines**

- MUHC: (514) 934-1934 ext. 34160
- JGH: (514) 340-8222 ext. 25529
- St. Mary’s: (514) 734-2679, ext. 5

Don’t hesitate to call!

Hours of operation:

8AM to 4PM