

Monitor

Emergency

Pain Episodes

What is a pain episode?

Pain in a part of the body that is caused by the red blood cells sickling. Pain is caused by lack of oxygen and inflammation.

Tips to prevent a pain episode:

- Stay hydrated.
- Avoid extreme hot or cold temperatures.
- Take breaks during physical activity for rest and recovery.
- Make sure to follow your treatment plan and take medication as directed.

Symptoms:

- Patients describe this as burning, achy, sharp, and crushing
- It can come on suddenly and be severe or it can slowly worsen
- It can last for any amount of time

What to do:

- Use the pain scale below to help rank and describe your pain.
- Consult the pain plan chart.

