Instructions for producing a VAS Bedside card:

**OPTION 1**

* Double-sided print or photocopy the next 2 diagrams ensuring that the lines are exactly 10 cm in length and superimposed
* Laminate the VAS Bedside card for patient use

10 cm line with line-drawing faces at each end. Left side shows happy face and the words 'No pain' and right side shows sad face and the words 'Worst pain ever'

10 cm line with numbers 10 through 0 underneat the line.

*Figure 1. Option 1 diagrams for rating pain. First diagram is line with happy face and “no pain” on the left, and sad face and “worst pain ever” on the right. Second diagram has line with numbers underneath (10 – 0). Please note that for double sided print, the numbers on the 2nd line are reversed (10 to 1).*

**OPTION 2**

* Print or photocopy the next 2 diagrams on an A4 sheet ensuring that the lines are exactly 10 cm in length
* Fold at the dotted line
* Do not show the patient the numbered scale

10 cm line with line-drawing faces at each end. Left side shows happy face and the words 'No pain' and right side shows sad face and the words 'Worst pain ever'

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10 cm line with numbers underneath, 0 through 10

*Figure 2. Option 2 diagrams for rating pain. First diagram is line with happy face and “no pain” on the left, and sad face and “worst pain ever” on the right. Second diagram has line with numbers underneath (0 - 10).*

**Pain rating scales instructions**

**Visual analogue scale (VAS)**

Instruct the patient to point to the position on the line between the faces to indicate how much pain they are currently feeling. The farleft end indicates "no pain" and the far right end indicates "worst pain ever."

Reference: Not available.