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





*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



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*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.