



## Ovarian cancer symptoms



**Persistent bloating**  
(not bloating that comes and goes)



**Feeling full quickly and/or loss of appetite**



**Pelvic or abdominal pain**  
(that's from your tummy and to the top of your thighs)



**Urinary symptoms**  
(needing to wee more urgently or more often than usual)

## How to use this diary

Fill in the circle each day you experience a symptom. If you regularly experience any one or more of these symptoms, which are not normal for you, make an appointment to speak to your GP.

Discuss this diary at your appointment to help your GP gain a clearer picture of your symptoms.

## What should your GP do?

If you have one or more symptom frequently and persistently your GP should do a CA125 blood test. They may also recommend an ultrasound scan of your ovaries and tummy.

## Family history

Do you have two or more relatives on one side of your family (mother or father) diagnosed with cancer? If yes, discuss this with your GP.

## Other symptoms

Other symptoms include changes in bowel habits, fatigue or unplanned weight loss.

Any unusual bleeding from the vagina before or after the menopause should always be investigated by a GP.

## Contact us

Target Ovarian Cancer,  
30 Angel Gate, London, ECTV 2PT

- Support line: 020 7923 5475
- [info@targetovariancancer.org.uk](mailto:info@targetovariancancer.org.uk)
- [targetovariancancer.org.uk](http://targetovariancancer.org.uk)
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Registered charity numbers: 1125038 (England and Wales) and SC042920 (Scotland)  
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To access our list of references please contact us.

## Symptoms

**Week 1** \_\_\_\_\_  
Date

**Week 2** \_\_\_\_\_  
Date

**Week 3** \_\_\_\_\_  
Date

**Week 4** \_\_\_\_\_  
Date



**Persistent bloating**  
(not bloating that comes and goes)

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S



**Feeling full quickly and/or loss of appetite**

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S



**Pelvic or abdominal pain**

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S



**Urinary symptoms**

M T W T F S S

M T W T F S S

M T W T F S S

M T W T F S S

## Other symptoms

(e.g. changes in bowel habits, fatigue, unplanned weight loss or unusual bleeding from the vagina)