

OVARIAN CANCER ACTION

# SYMPTOMS DIARY

To help you track how  
you're feeling, and talk  
to your GP.



# This diary helps you track potential ovarian cancer symptoms

You can make a note of how often you experience any symptoms, as well as how severely. If you've already seen your GP but you're not feeling any better, this can be useful as it will provide them a clearer picture of what you're experiencing.

## What are the symptoms of ovarian cancer?

- **Persistent bloating (it doesn't come and go)**
- **Difficulty eating or feeling full more quickly**
- **Needing to pee more frequently or urgently**
- **Pain around your tummy to the top of your thighs**

Other symptoms can include indigestion, back pain, changes in bowel habits (going more often or a lot less), unexplained weight loss, post-menopausal vaginal bleeding and extreme tiredness for no obvious reason.

It's important to remember ovarian cancer is not a common disease. Even if you are experiencing any of the above symptoms it's unlikely that you have it, but it's important to still get it checked out. If you think you have any of the above symptoms, take action and visit your GP so that they can rule ovarian cancer out.

## How to use this diary

Each day that you experience one of the symptoms, make a note in the box. We advise you mark it as a number to show how bad you're experiencing the symptom on a scale of 1-10 (with 1 being mild, and 10 being severe).

We've also included space for you to write down any additional symptoms you might experience.

You don't have to fill the diary in for all four weeks, but we advise you try to fill it in for at least two weeks. Once completed, take this with you to your GP appointment and show your doctor.

	Persistent bloating	Tummy pain	Needing to wee more frequently and/or urgently	Difficulty eating and feeling full more quickly
<b>Week 1</b>				
Monday	5			
Tuesday	5			
Wednesday	3			
Thursday	1			
Friday	—			
Saturday	4			
Sunday	5			
<b>Week 2</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>Week 3</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
<b>Week 4</b>				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Additional symptoms and comments:

# At your GP appointment

- Take this diary with you and use it to help explain each symptom
- Tell the GP clearly what you are worried about
- Take a list of questions you want to ask
- Discuss any known family history of cancer, particularly breast, ovarian, bowel or womb cancer
- If helpful, take a friend or family member with you for support
- Request a CA125 blood test and an ultrasound scan if it's not suggested
- Discuss your heritage: people from certain backgrounds may be more likely to carry a genetic fault that increases ovarian cancer risk. Let your GP know if you have one or more grandparent that is from the Jewish or Greenlander populations
- Ask for a second opinion if you are not happy with the outcome

Use the comments box on the previous page to make a note of anything you want to mention at your appointment.

## Being diagnosed with IBS?

If you are over the age of 50 and have never experienced IBS before then it is unlikely that your symptoms are a sign of IBS. Generally, IBS develops in people during their 20s and 30s. Ask your GP to rule out ovarian cancer first.

# OVARIAN CANCER ACTION

We are the UK's leading ovarian cancer research charity. In the UK only 1 in 3 women live more than 10 years after diagnosis. We are working to better prevent, treat and detect ovarian cancer, so that by 2032 at least half of women with ovarian cancer live for 10 years.

You can find more information and support at [ovarian.org.uk](http://ovarian.org.uk)

### Contact us:

020 7380 1730  
[info@ovarian.org.uk](mailto:info@ovarian.org.uk)

Ovarian Cancer Action  
483 Green Lanes  
London N13 4BBS

✉ [@OvarianCancerAction](https://www.ovariancanceraction.org)  
✉ [@OvarianCancerUK](https://www.ovariancanceruk.org)  
✉ [OvarianCancerAction](https://www.ovariancanceraction.org)