

Bloated  
tummy?

Always  
feeling  
full?

Tummy  
pain?

Needing  
to wee  
more?

Worried about  
the symptoms of  
ovarian cancer?



"My tummy had become increasingly bloated over some months and I needed the toilet more.

I finally visited my GP when I could only eat half a sandwich because I felt so full. I had honestly thought there was nothing wrong, I'd explained away each symptom as a minor problem.

My message is to know what is normal for your body, be symptom aware and visit your GP to get checked. It could be nothing but that visit could save your life."

Sue

## Ovarian cancer symptoms



Persistent bloating



Feeling full quickly and/or loss of appetite



Pelvic or abdominal pain (that's your tummy and below)



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

Occasionally there can be other symptoms:

- Changes in bowel habit (eg diarrhoea or constipation)
- Extreme fatigue (feeling very tired)
- Unexplained weight loss

Any bleeding after the menopause should always be investigated by a GP.

Ovarian cancer symptoms are:

- **frequent** – they usually happen more than 12 times a month
- **persistent** – they don't go away
- **new** – they are not normal for you



## Worried about your symptoms?

If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you see your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.

### Prepare for your GP appointment

- Track your symptoms using our free ovarian cancer Symptoms Diary. Find it at [targetovariancancer.org.uk/symptomsdiary](http://targetovariancancer.org.uk/symptomsdiary)
- Find out about your family history. Tell your GP if two or more relatives in your close family have had ovarian or breast cancer

### What tests might your GP do?

- If your symptoms are frequent and persistent your GP should order a CA125 blood test
- They may also order ultrasound scans of your tummy and ovaries

### What next?

- Ask your GP what the next steps are
- Be persistent! Return to the GP or seek a second opinion within a couple of weeks if your symptoms don't go away

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## Remember

Cervical screening tests – sometimes known as smear tests – will NOT detect ovarian cancer.

Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women can also get ovarian cancer.

The sooner ovarian cancer is detected, the easier it is to treat. Survival can be up to 90 per cent for women in the UK diagnosed at the earliest stage.

Other conditions such as irritable bowel syndrome (IBS) have symptoms similar to ovarian cancer but new cases of IBS are very unlikely in women over the age of 50.

## Contact us

Target Ovarian Cancer is the UK's leading ovarian cancer charity. We work to improve early diagnosis, fund life-saving research and provide much-needed support to women with ovarian cancer.

Our nurse-led support line provides confidential information, support and signposting for anyone concerned about ovarian cancer.

Support line  
020 7923 5475

Just 20%



of women are able to name bloating as a potential symptom of ovarian cancer

Help us raise awareness by ordering and sharing copies of this leaflet.

- 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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