

Family history

Tell your GP if one or more relative in your close family has had cancer, especially if the cancer affected your mother, father, brother or sister. This is because ovarian cancer can run in families.

Other symptoms

Other symptoms include changes in bowel habits (diarrhoea or constipation), fatigue or losing weight without trying.

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

Ovarian cancer symptoms



Persistent bloating
(not bloating that comes and goes)



Feeling full quickly and/or loss of appetite



Pain in your tummy or pelvis (the area between your hip bones)



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 one or more of these symptoms make an appointment with your GP.

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

What should your GP do?

If you regularly have one or more of these symptoms, your GP should arrange for a CA125 blood test. They may also recommend an ultrasound scan of your ovaries and tummy.

Read more about these tests at targetovariancancer.org.uk/testing

Contact us

Target Ovarian Cancer,
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Support line: **0808 802 6000**



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**Symptoms
diary**

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



Pain in your tummy or pelvis

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



Needing to wee more urgently or more often than usual

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, losing weight without trying or unusual bleeding from the vagina)