

Symptom diary

Recognise the **B.E.A.T.** signs of ovarian cancer:

B

Bloating

that doesn't come and go

- Tummy feeling fuller / tighter
- Tummy feels or looks bigger than usual
- Tummy feels harder than usual
- Lumps or bumps you can feel in your tummy

E

Eating difficulties

and feeling full more quickly

- Feeling full more quickly and/or having a reduced appetite
- Feeling or being sick
- Having trapped wind and/or burping more
- Having difficulty swallowing
- It feels like your food is coming back up
- Indigestion
- Heartburn

A

Abdominal and pelvic pain

you feel most days

- Uncomfortable feeling, cramping or other pain in your tummy
- Pain in your groin, vagina or bottom
- Pain during or after sex
- Pain on passing urine or opening bowels

T

Toilet changes

in urination or bowel habits

- Needing to urinate more often, difficulty urinating, and/or leaking urine
- Constipation
- Diarrhoea
- Bleeding from your bottom

How to use this symptom diary



If you're experiencing any of these symptoms, **use the diary on the next page to track their frequency using the tick boxes.** There is space to add any notes or questions you may have.

If your symptoms aren't going away, **book an appointment to see your doctor.** Take this diary with you and ask them to refer to the **NICE clinical guidelines CG122 Ovarian cancer: recognition and initial management.**

Ovacome is the UK's ovarian cancer support charity.

If you have questions, you can call our support line for free on **0800 008 7054** (open Monday-Friday 10am-4pm)

We also provide free phone support in other languages via an interpreter.



Scan the QR code for more information.

If you are worried about your symptoms, they aren't getting better, or they are getting worse, book an appointment to see a doctor straight away. Ask them to refer to the NICE clinical guideline CG122 Ovarian cancer: recognition and initial management.

Symptoms	Week 1	Week 2	Week 3
B Bloating that doesn't come and go	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU
E Eating difficulties and feeling full more quickly	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU
A Abdominal pain and pelvic pain felt most days	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU
T Toilet changes in urination or bowel habits	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU	M <input type="radio"/> TU <input type="radio"/> W <input type="radio"/> TH <input type="radio"/> F <input type="radio"/> SA <input type="radio"/> SU
Other notes For example: <ul style="list-style-type: none"> • Do you have any other symptoms? • Do you have a family history of cancer in your immediate relatives? • Do you have any questions that you want to ask your GP? 			