

# Symptom diary

ovacome..  
ovarian cancer

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.**

**ovacome.org.uk**

Registered Charity Number: 1159682

Symptoms	Week 1	Week 2	Week 3
<b>B</b> <b>Bloating</b> that doesn't come and go	M TU W TH F SA SU	M TU W TH F SA SU	M TU W TH F SA SU
<b>E</b> <b>Eating difficulties</b> and feeling full more quickly	M TU W TH F SA SU	M TU W TH F SA SU	M TU W TH F SA SU
<b>A</b> <b>Abdominal pain</b> and pelvic pain felt most days	M TU W TH F SA SU	M TU W TH F SA SU	M TU W TH F SA SU
<b>T</b> <b>Toilet changes</b> in urination or bowel habits	M TU W TH F SA SU	M TU W TH F SA SU	M TU W TH F SA SU

## Other notes

### For example:

- 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?

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