

# BEAT Symptom Diary

ovacome..  
ovarian cancer

Tick days when symptom occurred

		M	Tu	W	Thu	F	Sat	Sun	Notes
 <b>Bloating</b>	Abdomen feeling fuller/tighter/pressured								
	Abdomen feels or looks bigger than usual								
	Abdomen feels harder than usual								
	Lumps or bumps you can feel in your abdomen								
 <b>Eating difficulty</b>	Feeling full more quickly								
	Reduced appetite								
	Heartburn								
	Nausea and/ or vomiting								
	Burping more and/ or trapped wind								
	Difficulty swallowing								
	Feeling like food is coming back up								
 <b>Abdominal or pelvic pain</b>	Indigestion								
	Feeling uncomfortable, cramping, or other pain in your abdomen								
	Groin, vaginal or bottom pain								
	Pain during or after sex								
 <b>Toilet changes</b>	Pain on passing urine/ opening bowels								
	Constipation								
	Diarrhoea								
	Excessive wind								
	Bleeding from your bottom								
	Increased urination/ leaking urine								
	Difficulty passing urine								
 <b>Other</b>	Any other pain anywhere in the body								
	Unusual vaginal discharge or bleeding (particularly post menopausal)								
	Cough and/ or shortness of breath								
	Feeling tired or lack of energy								
	Gaining or losing weight without making changes in diet								

If you are worried about your symptoms, if your symptoms aren't getting any better, or if they are worsening, book an appointment with your doctor straight away. The Ovacome support service is available on 0800 008 7054 or at [support@ovacome.org.uk](mailto:support@ovacome.org.uk) to talk through any queries or concerns you may have.

Charity number 1159682