

Signs and Symptoms	Why it Happens	What to Do
<p><b>Mild</b> You may experience:</p> <ul style="list-style-type: none"> <li>• Abdominal bloating and feeling of fullness</li> <li>• Nausea</li> <li>• Diarrhea</li> <li>• Slight weight gain</li> </ul>	<p><b>This may be due to:</b></p> <ul style="list-style-type: none"> <li>• Ovaries are larger than normal, tender and fragile</li> <li>• High level of estrogen (E2) and progesterone in the bloodstream may upset your digestive system and fluid balance causing bloating</li> </ul>	<p><b>Recommended treatment:</b></p> <ul style="list-style-type: none"> <li>• Avoid sexual intercourse</li> <li>• Reduce activities; no heavy lifting, straining or exercise</li> <li>• Drink clear fluids, flat coke, ginger ale, cranberry juice, Gatorade or Ensure</li> </ul>
<p><b>Moderate</b> You may also experience:</p> <ul style="list-style-type: none"> <li>• Weight gain of greater than 2 lbs. per day (excessive weight gain)</li> <li>• Increased abdominal measurement causing clothes to feel tight</li> <li>• Vomiting and diarrhea</li> <li>• Urine is darker and amount is less</li> <li>• Skin/hair may feel dry</li> <li>• Thirst</li> </ul>	<p><b>This may be due to:</b></p> <ul style="list-style-type: none"> <li>• High levels of hormones in the bloodstream upset the digestive system</li> <li>• Fluid imbalance causes dehydration because body fluids collect in the abdomen and other tissues</li> <li>• This fluid collection causes severe bloating</li> </ul>	<p><b>As noted above plus:</b></p> <ul style="list-style-type: none"> <li>• You may need to be seen by a physician who will do an ultrasound</li> <li>• Record your weight twice daily</li> <li>• Record number of times you urinate each day</li> <li>• Contact physician if you note a five pound weight gain over the previous 24 hours, note a drop in the frequency of urination (- 50%), or increasing pelvic pain</li> </ul>
<p><b>Severe</b> You may also experience:</p> <ul style="list-style-type: none"> <li>• Fullness/bloating up above the belly button</li> <li>• Shortness of breath</li> <li>• Urination has reduced or stopped and become darker</li> <li>• Calf pains and chest pains</li> <li>• Marked abdominal bloating or distention</li> <li>• Lower abdominal pain</li> </ul>	<p><b>This may be due to:</b></p> <ul style="list-style-type: none"> <li>• Extremely large ovaries</li> <li>• Fluid collects in lungs and/or abdominal cavity, as well as in tissues</li> <li>• The risk of abnormal blood clotting increases</li> </ul>	<p><b>As noted above plus:</b></p> <ul style="list-style-type: none"> <li>• Notify the physician on call</li> <li>• You may need to be assessed at the hospital or clinic</li> <li>• Excess fluid may need to be removed from your abdominal cavity</li> </ul>