

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