



Ovarian Masses (cysts)

What is it?

Ovarian masses (cysts) are fluid-filled sacs that appear in the ovary. The most common types of cysts form during ovulation, and are usually harmless. Some cysts can be cancerous. Your GP will examine any ovarian cysts carefully to rule out ovarian cancer. Cancerous cysts are rare.

What will my GP do now?

Most cysts do not require any treatment and will resolve within 4-6 weeks. Your GP may:

- Do further blood tests
- Recommend a CT scan or ultrasound of the pelvis and abdomen
- Refer you to a gynaecologist, if necessary

If your GP suspects the cyst is cancerous, they will refer you to a cancer specialist (oncologist) for further tests and review. Remember that most cysts are not cancerous.

What questions could I ask my doctor?

- What does it mean if it keeps happening?
- What symptoms should I look for?
- Will it affect me getting pregnant?



What will my GP do in the future?

Your GP will want to see you regularly to monitor the cyst. At follow-up appointments your GP may conduct a physical examination of your pelvis and abdomen (tummy) or take a blood test.

If the cyst doesn't go away or has changed, your GP may refer you to a specialist for further tests, including an ultrasound or CT scan.

What can I do?

Monitor your symptoms, follow your GP's instructions and attend all your appointments. If, at any time, you are concerned or start to feel unwell, contact your GP.

What supports are available?

As most ovarian cysts are harmless, your GP will be the main support for treatment. However if further assessment is needed, **South Western Sydney Local Health District** has gynae-oncology clinics at Liverpool and Campbelltown hospitals.

Where can I learn more?

- **Office on Women's Health** – ovarian cysts: womenshealth.gov
- **Healthdirect** – ovarian cysts: healthdirect.gov.au