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Ovarian Cysts

The ovaries are part of the female reproductive system. They produce a woman's eggs and make female hormones [<https://medlineplus.gov/hormones.html>]. Ovarian cysts are fluid-filled sacs in or on an ovary. They usually form during ovulation, when the ovary releases an egg. They are usually harmless and go away by themselves. Most women have them sometime during their lives.

Most ovarian cysts are small and don't cause symptoms. Women may not find out that they have them until they have a pelvic exam. If there are symptoms, they may include:

- Pressure
- Bloating
- Swelling
- Pain in the lower abdomen, on the side where the cyst is

If your health care provider finds a cyst, you may be able to wait to see if it gets bigger. You may need surgery if you have pain, are past menopause, or if the cyst does not go away. If a cyst bursts or causes bleeding, you should get medical help right away. Birth control pills can help prevent new cysts.

Rarely, ovarian cysts can become cancerous. This risk increases as you get older.

A health problem that involves ovarian cysts is polycystic ovary syndrome

[<https://medlineplus.gov/polycysticovarysyndrome.html>] (PCOS). Women with PCOS can have high levels of male hormones, irregular or no periods, and small ovarian cysts.

Dept. of Health and Human Services Office on Women's Health

Learn More

- Culdocentesis [<https://medlineplus.gov/ency/article/003919.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003919.htm>]
- DHEA-sulfate test [<https://medlineplus.gov/ency/article/003717.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003717.htm>]
- Follicle-stimulating hormone (FSH) blood test [<https://medlineplus.gov/ency/article/003710.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003710.htm>]
- Laparoscopy [<https://medlineplus.gov/lab-tests/laparoscopy/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/laparoscopia/>]
- Ovarian Cysts [<https://womenshealth.gov/a-z-topics/ovarian-cysts>]
(Department of Health and Human Services, Office on Women's Health)
Also in Spanish [<https://espanol.womenshealth.gov/a-z-topics/ovarian-cysts>]
- Ovarian Cysts and Infertility: A Connection? [<https://www.mayoclinic.org/diseases-conditions/ovarian-cysts/expert-answers/ovarian-cysts-and-infertility/FAQ-20057806?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/ovarian-cysts/expert-answers/ovarian-cysts-and-infertility/faq-20057806?p=1>]

- Pelvic laparoscopy [<https://medlineplus.gov/ency/article/002916.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002916.htm>]
- Pelvic laparoscopy - series [https://medlineplus.gov/ency/presentations/100131_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100131_1.htm]
- Pelvic ultrasound - abdominal [<https://medlineplus.gov/ency/article/007667.htm>] (Medical Encyclopedia)
- Pelvis MRI scan [<https://medlineplus.gov/ency/article/007355.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007355.htm>]
- Pelvis Ultrasound [<https://www.radiologyinfo.org/en/info/pelvus>]
 (American College of Radiology; Radiological Society of North America)
Also in Spanish [<https://www.radiologyinfo.org/es/info/pelvus>]
- Reproductive System: Female Anatomy [<https://visualsonline.cancer.gov/details.cfm?imageid=8262>]
 (National Cancer Institute)
- Transvaginal ultrasound [<https://medlineplus.gov/ency/article/003779.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003779.htm>]

Clinical Trials

- ClinicalTrials.gov: Ovarian Cysts [<https://clinicaltrials.gov/search?cond=%22Ovarian+Cysts%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Regulatory RNA Networks in Ovarian Follicular Cysts in Dairy Cows: Implications... [<https://www.ncbi.nlm.nih.gov/pubmed/40725447>]
- Article: Logistic regression analysis of pregnancy outcome and EFI score of infertile... [<https://www.ncbi.nlm.nih.gov/pubmed/40687588>]
- Article: Effects of benign ovarian cyst volume and laterality on AMH and... [<https://www.ncbi.nlm.nih.gov/pubmed/40611053>]
- Ovarian Cysts -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Ovarian+Cysts%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22la%5Bt1+Year%22%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Patient Handouts

- Ovarian cysts [<https://medlineplus.gov/ency/article/001504.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001504.htm>]



The primary NIH organization for research on *Ovarian Cysts* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

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