Fluid in the Abdomen (Ascites)
Patient Education

Ascites is fluid in the abdomen, which may make the abdomen look large, rounded, bloated, tight, and hard. It can cause pain and discomfort because the liquid puts pressure on the areas of the chest, stomach, bladder, bowel, and back.

You may experience the following:

- Weight gain.
- Clothes become tight.
- Feeling easily tired.
- Short of breath or difficulty breathing.
- Loss of appetite.
- Feeling sick to your stomach.
- Vomiting.
-Bloated abdomen.
- Feeling full after a very small meal.
- Heartburn.
- Difficulty controlling urine or needing to urinate often.
- Constipation or difficulty having a bowel movement.
- Pain in the lower back or abdomen.

The following may help you with your discomfort:

- You can do whatever you feel like doing, but you need to rest often.
- Elevate your legs and feet while sitting.
- Eat small meals frequently (may be up to six meals a day) instead of eating large meals.
- Try to eat foods high in protein and calories.
- Your doctor may have you avoid salt intake and take water pills.

If your symptoms become worse, tell your nurse or your doctor.

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