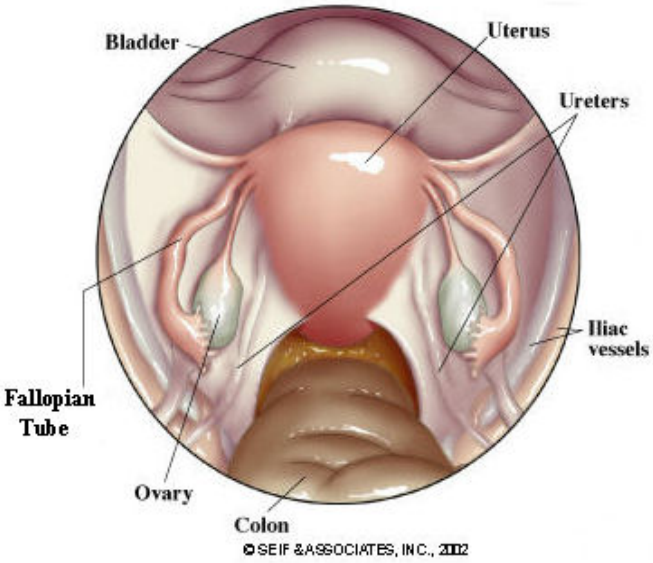
Mittelschmertz

Mittelschmertz is a German word that means “middle pain.” It refers to the lower belly (*abdominal*) pain that occurs between menstrual periods. Mittelschmertz occurs in about 1 in 5 women. Abdominal pain from mittelschmertz may occur monthly or sporadically. It may occur before, during or after ovulation. The pain is probably due to swelling (*inflammation*) inside the abdomen. This is caused by the little blood or fluid that may come from producing the egg. The pain may also be caused when the covering of the ovary stretches.



Mittelschmertz is usually on the side of the ovary that is passing the egg. The pain is usually sharp and short-lived, lasting a few hours to a few days. The pain is usually not too bad or harmful. Pain from mittelschmertz is typically treated with over-the-counter pain medications and/or topical treatments such as a heating pad or warm bath.

Mittelschmertz usually causes a slight increase in the body temperature.

SEEK MEDICAL CARE IF:

- Your pain increases and is not controlled with medications.
- The pain is on both sides of your abdomen.
- You develop vaginal bleeding (more than just spotting) with the pain.
- You have an oral temperature above 102° F (38.9° C).
- You feel sick to your stomach (*nausea*) or start vomiting.
- You feel lightheaded or faint.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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