

Femoral Hernia Common Signs & Symptoms Checklist^{1,2,3}

Do you have:

A noticeable bulge in the groin near your upper thigh?¹

Do you experience pain or discomfort when you²:

Stand up or move around?

Lift heavy objects?

Carry/push heavy loads?

Strain in any way?

Do you have a chronic health condition that can increase abdominal pressure, such as³:

Carrying excessive belly fluid (ascites)?

Multiple pregnancies?

Chronic cough?

Repetitive vomiting?

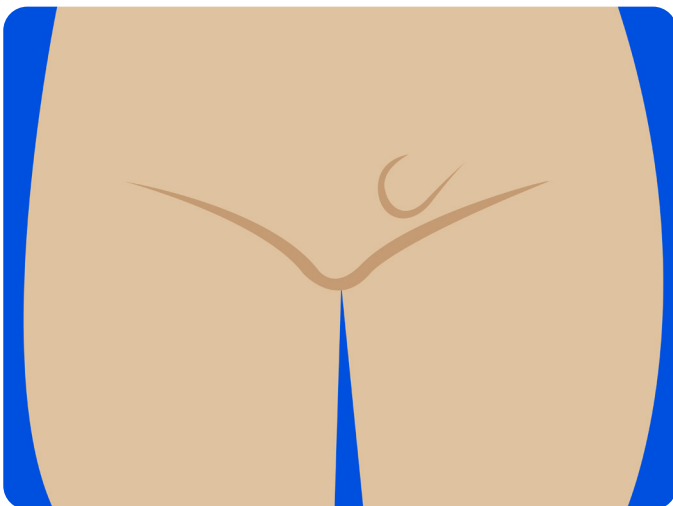
Obesity?

Straining during urination, bowel movements, childbirth, weightlifting?

Prior abdominal surgery?

If you answered yes to any of these, you may want to consult a doctor about the likelihood of experiencing a femoral hernia. Oftentimes, small-to-moderate femoral hernias don't have any symptoms, and, in many cases, you may not even see a bulge. However, moderate-to-large femoral hernias may cause pain or discomfort, and may require immediate medical attention. Learn more about [femoral hernias](#) on our blog.

Ready for your hernia consultation? [Find a local doctor](#) near you. As you prepare, write a few notes or questions you may have, and check out our [Doctor Discussion Guide](#) for additional guidance.



1. <https://www.mountsinai.org/health-library/diseases-conditions/femoral-hernia>
2. <https://www.healthline.com/health/femoral-hernia#causes>
3. [https://gisurgery.ucsf.edu/conditions--procedures/femoral-\(thigh\)-hernia.aspx#:~:text=need%20emergency%20surgery-,Incidence,structure%20of%20the%20female%20pelvis](https://gisurgery.ucsf.edu/conditions--procedures/femoral-(thigh)-hernia.aspx#:~:text=need%20emergency%20surgery-,Incidence,structure%20of%20the%20female%20pelvis)