

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

Do you have:

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

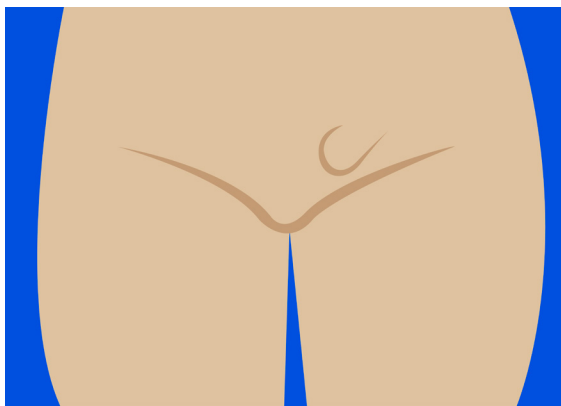
Do you experience pain or discomfort when you²:

- 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?

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.



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.

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)