

Umbilical Hernia Common Signs & Symptoms Checklist¹

Do you have:

- A bulge or swelling near the belly button?
 - Does it become more noticeable when you cry, cough, or strain?

Do you have:

- **A chronic health conditions that raise abdominal pressure, such as:**
 - 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 an umbilical hernia. While umbilical hernias in adults are fairly uncommon (only 2% of the adult population show occurrences), it is possible for an umbilical hernia to appear during adulthood.² Learn more about [umbilical 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.hopkinsmedicine.org/health/conditions-and-diseases/hernias/umbilical-hernia>
2. <https://www.ncbi.nlm.nih.gov/books/NBK459312/#:~:text=The%20Incidence%20of%20Umbilical%20hernia,develop%20umbilical%20hernia%5B5%5D>