

Hernia Signs & Symptoms Checklist for Women

Hernias can be harder to detect in women because symptoms may be subtle or occur without a visible bulge. Because of this, hernias in women may result in misdiagnosis or delayed treatment.^{1,2}

Use this checklist to document what you're experiencing and help guide a conversation with your health care provider. Your symptoms deserve careful attention. If you feel unheard or don't receive a clear diagnosis, consider a second opinion from a hernia specialist.

Do you have any of these symptoms?

- ☐ A new bulge or swelling in your groin, abdomen, around your belly button, upper thigh or near a previous surgical scar
- ☐ Ongoing or recurring pain or discomfort in your groin, pelvis or lower abdomen
- ☐ An aching, burning, pulling, pressure or heavy sensation in your groin or lower abdomen
- ☐ Pain or discomfort that gets worse when standing, coughing, lifting, exercising or being active
- ☐ Symptoms that come and go with activity, even if they aren't noticeable at rest
- ☐ Pain or discomfort that extends into your hip or upper thigh
- ☐ A visible bulge that may have appeared after childbirth
- ☐ GERD-like symptoms (Acid reflux, heartburn, difficulty swallowing, or regurgitation)

If you answered yes to any of these questions, you may want to consult a doctor about a possible hernia.

You may want to talk with a doctor about your risk of a hernia if you:

- ☐ Are pregnant or have been pregnant, especially more than once
- ☐ Have had a C-section or another abdominal or pelvic surgery
- ☐ Have a job that involves heavy lifting or many hours of standing
- ☐ Have a chronic cough or frequently sneeze due to allergies
- ☐ Have chronic constipation and/or regularly strain to urinate
- ☐ Have a burning pain in your chest that often gets worse after eating or lying down
- ☐ Have experienced significant changes in body weight

Preparing for your appointment

Only you know what you're experiencing. As you prepare for your hernia consultation, check out our [Doctor Discussion Guide for women](#) for additional guidance on important questions to ask. Ready to meet with a hernia specialist? [Find a nearby surgeon now.](#)

FIND A LOCAL SURGEON

1. <https://thomashosurgery.com/hernias-in-women/>

2. <https://www.brownhealth.org/be-well/hernias-women-risk-factors-symptoms-and-prevention>