



Search Mayo Clinic

4/30/14

- Request an Appointment
- Find a Doctor
- Find a Job
- Give Now

- Log in to Patient Account
- Translated Content

PATIENT CARE & HEALTH INFO	DEPARTMENTS & CENTERS	RESEARCH	EDUCATION	FOR MEDICAL PROFESSIONALS	PRODUCTS & SERVICES	GIVING TO MAYO CLINIC
--	---	--------------------------	---------------------------	---	---	---------------------------------------

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

Diseases and Conditions

[Print](#)

Inguinal hernia

- [Basics](#)
- [In-Depth](#)
- [Expert Answers](#)
- [Multimedia](#)
- [Resources](#)
- [News From Mayo Clinic](#)

Definition

By Mayo Clinic Staff

- Definition**
- [Symptoms](#)
- [Causes](#)
- [Risk factors](#)
- [Complications](#)
- [Preparing for your appointment](#)
- [Tests and diagnosis](#)
- [Treatments and drugs](#)
- [Prevention](#)
- [Products and services](#)

An inguinal hernia occurs when soft tissue — usually part of the membrane lining the abdominal cavity (omentum) or part of the intestine — protrudes through a weak point in the abdominal muscles. The resulting bulge can be painful, especially when you cough, bend over or lift a heavy object.



Inguinal hernia

An inguinal hernia isn't necessarily dangerous by itself. It doesn't get better or go away on its own, however, and it can lead to life-threatening complications. For this reason, your doctor is likely to recommend surgery to fix an inguinal hernia that's painful or becoming larger. Inguinal hernia repair is a common surgical procedure.

Symptoms

Advertisement

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship
[Policy](#) | [Opportunities](#)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

- [Try Mayo Clinic Health Letter FREE!](#)
- [Practical answers to live stronger, longer and healthier at any age](#)
- [Mayo Clinic Book of Alternative Medicine](#)
- [Reduce the impact of stress on your health](#)
- [The Mayo Clinic Diet – Eat well. Enjoy life. Lose weight.](#)



Double your impact: Support Mayo Clinic Research by April 30 and your gift will be matched.

[Donate Now](#)

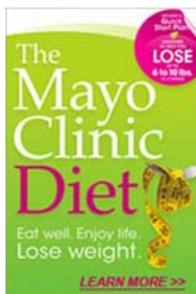
[Share](#)

[Tweet](#)

Mar. 20, 2013

[References](#)

Products and Services



1. [Book: The Mayo Clinic Diet](#)

See also

[Hernia exam: Why do I have to cough?](#)

[Hernia truss: Can it help an inguinal hernia?](#)

[Symptom Checker](#)

[Groin pain \(male\)](#)

Free E-newsletter

Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

[Sign up now](#)

Other Topics in Patient Care & Health Info

[Healthy Lifestyle](#)

[Symptoms A-Z](#)

[Diseases and Conditions A-Z](#)

[Tests and Procedures A-Z](#)

[Drugs and Supplements A-Z](#)

[Appointments](#)

[Patient and Visitor Guide](#)

[Patient Online Services](#)

[Home](#) [Inguinal hernia](#) [Basics](#) [Definition](#)

CON-20021456

[REQUEST AN APPOINTMENT](#)

[GIVE NOW](#)

[CONTACT US](#)

[ABOUT MAYO CLINIC](#)

[SITE MAP](#)

Any use of this site constitutes your agreement to the [Terms and Conditions](#) and [Privacy Policy](#) linked below.

[Terms and Conditions](#)

[Privacy Policy](#)

[Notice of Privacy Practices](#)

A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.



We comply with the [HONcode standard](#) for trustworthy health information: [verify here](#).