

## What to ask your GP if you suspect a hernia



### Hernia discussion guide

#### Understanding the problem

- What is a hernia, and what type might I have?
- Could this lump or pain be something else?
- Do I need an ultrasound or scan to confirm it?

#### Knowing the risks

- Is it safe to wait, or should I see a surgeon soon?
- What signs mean I should go to the emergency department? (e.g. severe pain, vomiting, lump that won't go back in)

*\*If you have sudden pain, nausea, or a hard, red lump - seek emergency care.*

#### Treatment options

- Do all hernias need surgery?
- What are the pros and cons of 'watchful waiting' vs. repair?
- What types of surgery are available (open, keyhole, robotic)?
- How long is recovery and time off work?

#### Lifestyle & prevention

- Should I change how I lift, exercise, or work?
- Would weight loss, treating cough, or avoiding constipation help?
- Is a support belt necessary?

#### Long-term outlook

- What's the risk of the hernia returning after repair?
- Will I need follow-up care?
- How can I tell if it's coming back?

It's normal to feel a bit nervous or have questions—there's support available, and you're not alone on this journey. Chat with your GP or bring a family member along for support.