



[Home](#) → [Medical Encyclopedia](#) → Groin lump

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Groin lump

A groin lump is swelling in the groin area. This is where the upper leg meets the lower abdomen.

Considerations

A groin lump may be firm or soft, tender, or not painful at all. Your health care provider should examine any groin lumps.

Causes

The most common cause of a groin lump is swollen lymph nodes. These may be caused by:

- Cancer, most often lymphoma (cancer of the lymph system)
- Infection in the legs
- Body-wide infections, often caused by viruses
- Infections spread through sexual contact such as genital herpes, chlamydia, or gonorrhea

Other causes include any of the following:

- Allergic reaction
- Medicine reaction
- Benign (not cancerous) cyst
- Hernia (a soft, large bulge in the groin on one or both sides)
- Injury to the groin area
- Lipomas (harmless fatty growths)

Home Care

Follow the treatment your provider prescribed.

When to Contact a Medical Professional

Small lymph nodes that can be felt in the groin are common, especially in men, and usually result from prior leg infection. Make an appointment to see your provider if you have an unexplained groin lump.

What to Expect at Your Office Visit

Your provider will examine you and may feel the lymph nodes in your groin area. A genital or pelvic exam may be done.

You will be asked about your medical history and symptoms, such as when you first noticed the lump, whether it came on suddenly or slowly, or whether it gets larger when you cough or strain. You may also be asked about your sexual activities.

Tests that may be done include:

- Blood tests such as a CBC or blood differential
- Blood tests to check for syphilis, HIV, or other sexually transmitted infections
- Kidney function tests
- Liver function tests
- Liver spleen scan
- Abdominal and pelvic ultrasound
- Abdominal and pelvic CT scan
- Lymph node biopsy

Alternative Names

Lump in the groin; Inguinal lymphadenopathy; Localized lymphadenopathy - groin; Bubo; Lymphadenopathy - groin

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Review Date 7/23/2024

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Health Content
Provider
06/01/2028

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