

Pathway:	Sports hernia (chronic groin pain or Gilmore's groin)
Referral Criteria/Commissioning position:	
<p><i>Refer to secondary care when:</i></p> <ul style="list-style-type: none"> • conventional primary care/non-operative management fails <p>'Red Flag' symptoms</p> <ul style="list-style-type: none"> • Unless there are palpable firm masses within the region, which may represent lymph nodes, there are no red flags in the presentation of a sports hernia <p>Investigations prior to referral</p> <ul style="list-style-type: none"> • if true hernia is suspected then an USS 	
Information to include in referral letter:	
<p><i>The GP referral letter should contain:</i></p> <ul style="list-style-type: none"> • Evidence that the 6 to 12 weeks of non-operative management has been completed and that this has failed to improve the situation • Relevant past medical/surgical history • Drug history (prescribed and non-prescribed) • Current regular medication • BMI • Smoking status • Alcohol consumption 	
References & Additional information:	
<p>References</p> <ul style="list-style-type: none"> • Paajanen et al, Surgery 2011,150(1), 99-107 • BJGP, 2013, 63, 160-161 	
CCG GP sign off:	SRCCG Business Committee (Delegated to Dr Greg Black)
Review date:	2017