

# Omphalocele

Omphalocele (uhm-fa-lo-seal) is a birth anomaly of the abdominal (belly) wall. The infant's intestines, liver, or other organs stick outside of the belly through the belly button. These organs are covered in a thin, clear sac. Normally, as a baby develops during weeks six through ten of pregnancy, the intestines get longer and push out from the belly into the umbilical cord. By the eleventh week of pregnancy, the intestines normally go back into the belly. However, if this does not happen, an omphalocele occurs. The omphalocele can be small, with only some of the intestines outside of the belly, or it can be large, with many organs outside of the belly. For more information about Omphalocele, go to the CDC website ([tinyurl.com/k5dwrcz](https://tinyurl.com/k5dwrcz)).

## Resources for families

### Northwest support resources

- Oregon Family to Family Health Information Center  
[tinyurl.com/ycwhffwc](https://tinyurl.com/ycwhffwc)
- Washington Parent to Parent (P2P) Programs  
[tinyurl.com/yaucv2mk](https://tinyurl.com/yaucv2mk)

### National/international/online resources

- Omphalocele.net - Mothers of Omphaloceles  
[tinyurl.com/ya3hv6s8](https://tinyurl.com/ya3hv6s8)
- Omphalocele Awareness  
[tinyurl.com/y92f8zsn](https://tinyurl.com/y92f8zsn)

### Information for you and your care team

- Children's Hospital of Philadelphia medical library-Omphalecele  
[tinyurl.com/ybdynl5t](https://tinyurl.com/ybdynl5t)

### Family stories

- Charlotte's Story  
[tinyurl.com/y77omrfy](https://tinyurl.com/y77omrfy)
- Jackson's Story  
[tinyurl.com/y9c8sprq](https://tinyurl.com/y9c8sprq)
- Claire's Story  
[tinyurl.com/ycvuyo5w](https://tinyurl.com/ycvuyo5w)
- One mother's story: Pentalogy of Cantrell  
[tinyurl.com/y9pkd63r](https://tinyurl.com/y9pkd63r)
- Bennet's Story  
[tinyurl.com/y7qba2xv](https://tinyurl.com/y7qba2xv)

### Clinical trial information

- Children and Clinical Studies  
[tinyurl.com/y75s4twm](https://tinyurl.com/y75s4twm)
- Find an approved clinical trial  
[tinyurl.com/zp3jesq](https://tinyurl.com/zp3jesq)

### Insurance information and help

- Getting insurance for children (OR)  
[tinyurl.com/ydfaaey](https://tinyurl.com/ydfaaey)
- Getting insurance for children (WA)  
[tinyurl.com/yca9lkey](https://tinyurl.com/yca9lkey)
- Understand your health insurance  
[tinyurl.com/ychy6qnz](https://tinyurl.com/ychy6qnz)
- General/Oregon Health Plan Questions: 855-323-6744

### Other resources

- Camp Korey  
[www.campkorey.org](https://www.campkorey.org)
- Children's G-Tube Book  
[tinyurl.com/yazk6f6c](https://tinyurl.com/yazk6f6c)

### Books for parents and children

- Bibliography available by calling the Oregon Family to Family Health Information Center at 855-323-6744
- Swindells' online library search  
[tinyurl.com/y9t2jwcx](https://tinyurl.com/y9t2jwcx)