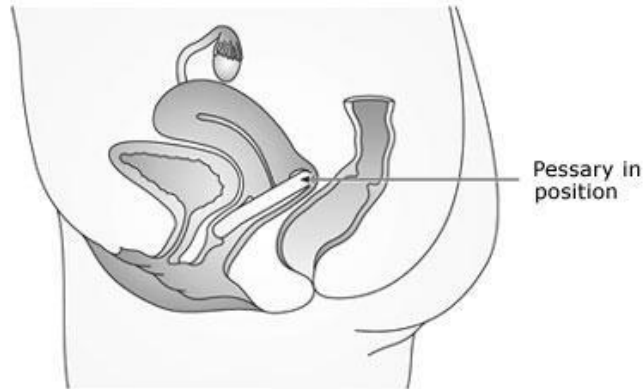


## PESSARY INFORMATION

A pessary is a small silicone or rubber device placed into the vagina to support the bladder, urethra, uterus, or rectum as a non-surgical treatment for prolapse of the pelvic organs and some forms of incontinence. Pessaries are made in several shapes and sizes and the initial fitting will be done by your health care professional. It may be necessary to change the size or shape of the pessary more than once after the original fitting to find the appropriate one that works for you. Once the pessary has been correctly fitted you should not feel it and it should not move out of place.

After you are fitted with a pessary, it will be necessary to have follow-up visits to check for movement of the pessary and to be certain that a vaginal infection or ulceration has not developed. We also want to make sure that the pessary is correcting the problem for which it was designed. The initial follow-up is usually in 2-4



weeks unless you are having concerns, and then please call to schedule sooner. Many people prefer to take care of their pessary on their own; others prefer to return to the office every 2-4 months for a “pessary check”. At these visits the pessary will be examined for proper placement, removed, cleaned, the vagina checked for infection or ulceration, and the pessary reinserted.

If you prefer and want to remove and reinsert the pessary yourself, we certainly encourage this strategy. We recommend removing the pessary nightly, washing it with warm soapy water, air dry, and reinserting it in the morning. If you are successful in removing and inserting the pessary on your own and have no difficulties, we would like to see you every six months to one year to make sure that things are going well.

Once the pessary has been correctly fitted, you should not feel it. If you experience any symptoms of unusual vaginal discharge, foul odor, itching, vaginal bleeding, vaginal or rectal pain, urinary tract infections, incontinence, constipation, or have other concerns please schedule an appointment as soon as possible.