

WOMEN'S CLINIC LTD.

INFORMATION ON PESSARY USE & CARE

A pessary is a vaginal prostheses used to relieve the pressure of a cystocele, a rectocele, a uterine or bladder prolapse, or the problems associated with urinary incontinence. Pessaries come in various shapes, sizes and materials. Your physician or practitioner will decide which one is appropriate for your individual needs. They are safe and comfortable for long-term use.

Some types of pessaries need to be inserted by your physician or practitioner and will need to be removed by them for cleaning. An appointment at this office will be necessary. Do not be surprised if your appointment is weeks away. It is not unusual for pessaries to remain in place for 3 months. Your health care provider will recommend scheduling of appointments based on your individual needs.

Other types of pessaries may be inserted and removed by the patient for cleaning. It is recommended that this type be removed and clean daily with a mild soap and water. Your health care provider will tell you which type of pessary you have and instruct you in the care that will be needed.

A proper fit is necessary. It should never cause pain or discomfort. You should be able to perform your normal daily activities without any difficulty.

If you want to remove your pessary but it will not come out, don't panic. Simply call your health care provider and schedule an appointment.

