

Pessary Care Instructions

A pessary is a soft rubbery device placed in the vagina to support weaknesses in the vaginal walls and uterine prolapse (dropped uterus). It can also be used to treat urinary incontinence. There are many shapes and sizes of pessaries. The correct pessary for you depends on your anatomy and the problem we are treating. Sometimes you have to try different sizes and shapes before you find the right one for you.

After your exam and fitting, your pessary should feel comfortable, and you should be able to urinate and have a bowel movement without pain or difficulty. The pessary should not fall out with normal activity or bowel movements.

The most common problem with a pessary is an increase in vaginal discharge and, sometimes, odor. If you notice these symptoms, you can use Trimosan gel, which helps minimize these symptoms and can also relieve minor irritation and itching. Sometimes the pessary changes position slightly, especially if you strain at bowel movements. You can try to reposition it yourself.

You should return to the office regularly for follow-up examinations. At that time, your provider will remove and wash the pessary, examine the vagina, and replace the pessary. Some patients prefer to remove and wash the pessary themselves. Simply wash the pessary with mild soap and water when you change it 1-2 times per week.

Ask your provider if you should use an estrogen cream or ring to give the vagina lubrication while using a pessary.

Call my office if:

- . You are uncomfortable.
- . You have any difficulty with urination or defecation.
- . You have any vaginal bleeding.
- . You have an abnormal discharge or foul odor.
- . Or, the pessary keeps falling out.