

Pessary Information

What is prolapse?

Prolapse occurs when organs drop from their normal position in the pelvis. These organs can include the bladder, the bowel or the uterus (womb). A pessary is commonly used to treat a prolapse.

The pessary:

A pessary has been used to hold your prolapse inside. This keeps the vaginal skin healthy and more comfortable. Your doctor or nurse has chosen the best fitting pessary for you. It sits in place inside your vagina. The pessary should make you feel much more comfortable. There are many types of pessaries that can be used to help with your prolapse. The four most common types used in this clinic are pictured at the end of this booklet. The type of pessary you are using is marked.

Vaginal cream or tablets:

You **must** use the vaginal cream or tablet that the doctor has prescribed for you. This cream or tablet helps to keep the tissue of the prolapse healthy, and may stop ulcers or infection from forming inside. It comes in a tube or as a vaginal tablet. The nurse or doctor will tell you how best to use it. You **must** use the cream or tablet twice each week. It is best used just before you go to bed. The doctor or nurse will tell you if you need to use it more often. Your local doctor can give you a repeat prescription if you need one or you can ask for a new prescription at your next visit.

Frequently asked questions:

My pessary has fallen out. What should I do?

Sometimes the pessary can fall out. This may happen just after you have been to the clinic. Pessaries come in many shapes and sizes. Sometimes more than one size has to be tried. Don't worry too much if the pessary does fall out; you are not in any danger. You should call the staff at the clinic soon to make another appointment. Wash the pessary and put it in a plastic bag and bring it back to the clinic at your next appointment.

I feel pain where the pessary is fitted. What should I do?

At times there can be a little pain after the pessary is fitted. This may be due to the check-up and fitting. It may also be because the pessary is not the right size for you. If the pain does not settle you might need to have a new pessary fitted. It may be a new type or a new size. Contact the clinic if the pain does not settle down over the next couple of days or if you are worried.

I am bleeding from the vagina. What should I do?

From time to time during or after the fitting there can be a small amount of vaginal bleeding. This is usually nothing to worry about. It should settle quickly. If it continues, or if heavy bleeding happens 'out of the blue' you should ring the clinic on **9419 9699** between 9am and 5pm. You may need to be seen earlier than your next booked appointment. You could also see your local doctor.

There is discharge coming from the vagina. What should I do?

Sometimes there can be a discharge from the vagina. This is often nothing to worry about. If it continues or has an offensive odour you should call the clinic. You could also see your local doctor. You may need to be seen in the clinic earlier than your

next booked appointment. If this happens at night or on a weekend you may need to come to the Emergency Department at the Mercy Hospital for Women at 163 Studley Rd Heidelberg. It is open all hours. The phone number is **03 8458 4000**.

I am having trouble passing urine. What should I do?

Sometimes the pessary can make it more difficult for you to pass urine. You should tell the clinic your local doctor straight away. You may need to have the pessary taken out so that you can pass your urine more easily. A new pessary may need to be used. If this happens at night or on a weekend you may need to come to the Emergency Department. It is open all hours. The phone number is **03 8458 4000**.

There is an increase in urine leakage. What should I do?

At times having a pessary fitted can make it easier for you to pass urine. Also, at times it may cause more urinary leakage. If the urine leakage is too much you may want to have the pessary taken out. You should talk about this with your doctor or nurse at your next visit.

I think I have a urinary tract infection. What should I do?

If you have an infection in the urine you need to call the clinic or your local doctor. An infection in the urine may make you feel generally unwell. You may have pain passing urine, a fever, feel unwell or have smelly, offensive or cloudy urine. You may need to take antibiotics. You need to see a doctor. If this happens at night or on a weekend, you may need to come to the Emergency Department. The phone number is **03 8458 4444**.

Is it OK to have sex with a pessary in place?

It is possible to have sex with some types of pessaries in place. You can also be taught to remove the pessary before sex and replace it afterwards. Talk to the staff in the clinic and they will advise you about this.

I want to have surgery instead of using the pessary. Who can I talk to?

If you decide to have surgery for your prolapse you can talk to one of the doctors here in the Pessary Clinic. Tell the clinic staff and they will arrange for you to see the doctor. There are many operations to repair prolapse.

When do I need to come back to the clinic?

You will be given your next appointment when you leave the clinic. You will usually be seen every 4-6 months once the ring is well fitted and you are happy with this type of treatment. You can come back sooner if you need to.

It is very important that you keep all of your appointments. If you need to change the date of an appointment please call the clinic on 03 9419 9699.

See the pictures on the next page for different types of pessaries.

Your pessary:

	<input data-bbox="639 409 746 524" type="checkbox"/>	<p><u>Ring pessary</u></p> <p>Size: _____</p> <p>With support _____</p> <p>Without support _____</p>
	<input data-bbox="639 792 746 916" type="checkbox"/>	<p><u>Incontinence Dish pessary with knob</u></p> <p>Size: _____</p> <p>With support _____</p> <p>Without support _____</p>
	<input data-bbox="639 1122 756 1252" type="checkbox"/>	<p><u>Simpson Shelf Pessary</u></p> <p>Size: _____</p>
	<input data-bbox="639 1693 751 1823" type="checkbox"/>	<p><u>Gellhorn pessary</u></p> <p>Size: _____</p> <p>Short stem _____</p> <p>Long stem _____</p>