

Vaginal Pessary

What is a Pessary ?

A pessary is a removable device inserted into the vagina to support pelvic organ prolapse or decrease stress urinary incontinence. There are a variety of types and sizes of pessaries available. The pessary fitting process involves two or more office visits. It is usually necessary to wear a pessary for several days in order to know whether it fits appropriately.

Pessary Care and Instructions:

- If you remove your pessary on your own:
Remove and clean it as often as you like but at least once every two weeks. Use a mild soap that is not anti-microbial or scented. Dove, Basis, or Aveeno soaps work well. Use a water-based vaginal lubricant such as K-Y Jelly or Astroglide (available at grocery and drug stores) to facilitate insertion and removal of the pessary. If you cannot remove the pessary, call and schedule an appointment for removal in the office.
- If you have your pessary removed and cleaned in the office:
You must be seen in the office as often as is recommended by your healthcare provider. Not following-up as directed puts you at an increased risk for vaginal infections, ulcerations, or fistulas (abnormal openings between two organs) which can be a serious medical problem.
- Vaginal estrogen cream or tablets can be inserted with the pessary in place.
- Some pessaries must be removed before an MRI.

Pessary Precautions:

Please call the office if you have any of the following:

- Pain
- Vaginal bleeding
- Vaginal discharge with a strong foul odor
- Inability to empty your bladder or rectum

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