

DAILY CARE AND HELPFUL TIPS

I can't remove my pessary, now what?
If you're unable to remove your pessary, don't panic. Call your healthcare provider and schedule an appointment.

My pessary seemed to have moved out of position and is uncomfortable.
Wash your hands, lie down, and gently push the pessary back into position. Don't worry, it cannot get lost or pass into your abdomen.

I see some discharge and bleeding. What should I do?
Some discharge or spotting can occur due to tissue irritation. If this persists or increases, contact your healthcare provider.

What do I do about daily bathing?
You can continue your normal bathing routine unless advised otherwise by your doctor.

Should I douche?
Only douche if your healthcare provider specifically instructs you to do so.

If you are a candidate for a pessary, you will find the following information useful.

A pessary is a vaginal prosthesis that has evolved over centuries to become an effective medical device. It can relieve the symptoms of cystocele, rectocele, uterine or bladder prolapse, and urinary incontinence.

Pessaries come in various shapes, sizes, and materials. They are perfectly safe and comfortable for long term use.

Bioteque
America Inc

COMMON USES OF PESSARIES

- To improve or restore continence.
- For diagnostic purpose to determine if surgery is necessary.
- To delay or preclude surgery.
- As an alternative to surgery.
- To manage uterine prolapse or vaginal wall hernias.
- To relieve a cystocele (bladder prolapse) or a rectocele.
- To relieve lower back pain caused by retroversion.
- Diagnosis and therapy in obstetrics.
- To prevent miscarriages by relieving pressure on a weak cervix.



THE USE, CARE AND SIZING OF PESSARIES

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Commonly asked questions:

Will I always have to use this pessary?

Not necessarily. While pessaries are an alternative to surgery, some users may find that over time their pelvic floor muscles strengthen enough that a pessary is no longer needed. In some cases, it may be used only during specific activities like jogging. If you are considering or awaiting surgery, the pessary may be used as a temporary solution.

Can a pessary hurt or become uncomfortable?

A properly fitted pessary should not cause pain or discomfort. You should be able to carry out your daily activities as normal. If discomfort occurs, consult your healthcare provider.

How often should I remove my pessary?

Daily removal and cleaning with mild soap and water is recommended. If removal is difficult, consult your provider for assistance. It is safe for pessaries to remain in place for extended periods up to 4 to 12 weeks if necessary.

What is my responsibility?

Follow your provider's instructions, wear your pessary as directed, and attend all follow-up appointments. Notify your provider if you relocate to ensure continuity of care.

Will my pessary set off the alarm at the airport?

No. Pessaries are made of medical-grade materials and will not trigger airport security alarms.

Can I have sex with my pessary in place?

Yes. You can have sex with your pessary in place. If you prefer, you may remove it beforehand.

Will my pessary prevent pregnancy?

No. A pessary is not a form of birth control. If avoiding pregnancy is important to you, consult your healthcare provider about contraceptive options.

Can my pessary fall out?

Yes. If the pessary is too small or improperly fitted, it may fall out. Clean it with mild soap and water and reinsert it. Persistent issues should be evaluated by your provider as a different size or style may be needed.

TYPES OF PESSARIES



- 1st & 2nd degree Prolapse
- Cystocele

| SIZE | INCH | MM |
|------|------|-----|
| 0 | 1.75 | 44 |
| 1 | 1.95 | 50 |
| 2 | 2.25 | 57 |
| 3 | 2.50 | 63 |
| 4 | 2.70 | 69 |
| 5 | 2.95 | 75 |
| 6 | 3.25 | 82 |
| 7 | 3.45 | 88 |
| 8 | 3.75 | 95 |
| 9 | 4.00 | 101 |

with & w/o support



- 2nd-3rd degree prolapse
- Cystocele
- Rectocele

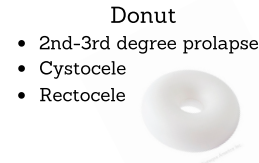
| SIZE | INCH | MM |
|------|------|----|
| 0 | 1.95 | 50 |
| 1 | 2.15 | 55 |
| 2 | 2.35 | 60 |
| 3 | 2.55 | 65 |
| 4 | 2.75 | 70 |
| 5 | 2.95 | 75 |
| 6 | 3.15 | 80 |
| 7 | 3.35 | 85 |
| 8 | 3.55 | 90 |
| 9 | 3.75 | 95 |



- 1st & 2nd Degree Prolapse
- Cystocele

| SIZE | INCH | MM |
|------|------|------|
| 1 | 2.00 | 50.5 |
| 2 | 2.25 | 57 |
| 3 | 2.50 | 63.5 |
| 4 | 2.75 | 69.5 |
| 5 | 3.00 | 76 |
| 6 | 3.25 | 83 |
| 7 | 3.50 | 89 |
| 8 | 3.80 | 96 |
| 9 | 4.00 | 101 |

with & w/o support



- 2nd-3rd degree prolapse
- Cystocele
- Rectocele

| SIZE | INCH | MM |
|------|------|----|
| 0 | 1.95 | 50 |
| 1 | 2.30 | 59 |
| 2 | 2.55 | 65 |
| 3 | 2.70 | 69 |
| 4 | 3.00 | 76 |
| 5 | 3.25 | 82 |
| 6 | 3.45 | 88 |
| 7 | 3.75 | 95 |

Hodge

- 1st-2nd degree prolapse
- Cystocele
- Stress Incontinence
- Retro Displacement



| SIZE | INCH | MM |
|------|------|-----|
| 0 | 2.55 | 65 |
| 1 | 2.75 | 70 |
| 2 | 2.95 | 75 |
| 3 | 3.15 | 80 |
| 4 | 3.35 | 85 |
| 5 | 3.55 | 90 |
| 6 | 3.75 | 95 |
| 7 | 3.95 | 100 |
| 8 | 4.15 | 105 |
| 9 | 4.35 | 110 |

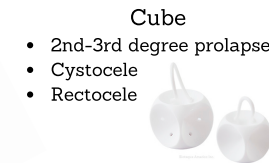
with & w/o support



- 2nd-3rd degree prolapse
- Cystocele

| SIZE | INCH | MM |
|------|------|-------|
| 0 | 1.50 | 38 |
| 1 | 1.75 | 45 |
| 2 | 2.05 | 51.5 |
| 3 | 2.25 | 57 |
| 4 | 2.50 | 63 |
| 5 | 2.75 | 70 |
| 6 | 3.00 | 76 |
| 7 | 3.25 | 82 |
| 8 | 3.45 | 88 |
| 9 | 3.75 | 95 |
| 10 | 4.00 | 101.6 |

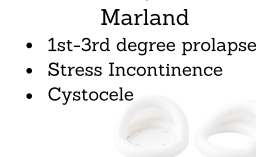
with drains



- 2nd-3rd degree prolapse
- Cystocele
- Rectocele

| SIZE | INCH | MM |
|------|------|----|
| 0 | 1.00 | 25 |
| 1 | 1.15 | 29 |
| 2 | 1.30 | 33 |
| 3 | 1.45 | 37 |
| 4 | 1.60 | 41 |
| 5 | 1.75 | 45 |
| 6 | 1.95 | 50 |
| 7 | 2.20 | 56 |
| 8 | 2.50 | 63 |
| 9 | 2.75 | 70 |
| 10 | 2.95 | 75 |

with & w/o drains



- 1st-3rd degree prolapse
- Stress Incontinence
- Cystocele

| SIZE | INCH | MM |
|------|------|----|
| 2 | 2.30 | 58 |
| 3 | 2.50 | 64 |
| 4 | 2.75 | 70 |
| 5 | 3.00 | 76 |
| 6 | 3.25 | 82 |
| 7 | 3.45 | 88 |
| 8 | 3.70 | 94 |

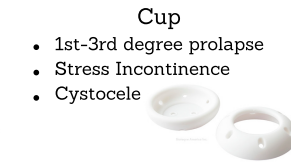
with & w/o support



- 2nd-3rd degree prolapse
- Cystocele

| SIZE | INCH | MM |
|------|------|------|
| 0 | 1.50 | 38 |
| 1 | 1.75 | 44 |
| 2 | 2.00 | 51 |
| 3 | 2.25 | 57 |
| 4 | 2.50 | 63.5 |
| 5 | 2.75 | 70 |
| 6 | 3.00 | 76 |
| 7 | 3.25 | 83 |
| 8 | 3.50 | 89 |
| 9 | 3.75 | 95 |

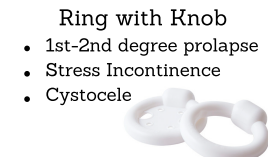
with drains



- 1st-3rd degree prolapse
- Stress Incontinence
- Cystocele

| SIZE | INCH | MM |
|------|------|------|
| 0 | 1.90 | 48.5 |
| 1 | 2.10 | 53.5 |
| 2 | 2.30 | 59 |
| 3 | 2.50 | 64 |
| 4 | 2.70 | 69 |
| 5 | 2.90 | 74 |
| 6 | 3.10 | 79 |
| 7 | 3.30 | 84 |

with & w/o support



- 1st-2nd degree prolapse
- Stress Incontinence
- Cystocele

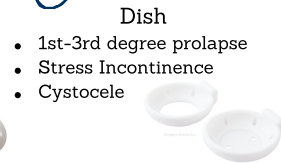
| SIZE | INCH | MM |
|------|------|------|
| 0 | 1.75 | 44 |
| 1 | 1.95 | 50 |
| 2 | 2.25 | 57 |
| 3 | 2.45 | 62.5 |
| 4 | 2.70 | 69 |
| 5 | 2.95 | 75 |
| 6 | 3.25 | 82 |
| 7 | 3.45 | 87.5 |

with & w/o support



- 1st-3rd degree prolapse

| SIZE | INCH | MM |
|------|------|------|
| 0 | 1.50 | 38 |
| 1 | 1.75 | 45 |
| 2 | 2.05 | 51.5 |
| 3 | 2.25 | 57 |
| 4 | 2.50 | 63 |
| 5 | 2.75 | 70 |
| 6 | 3.00 | 76 |
| 7 | 3.25 | 82 |
| 8 | 3.45 | 88 |
| 9 | 3.75 | 95 |



- 1st-3rd degree prolapse
- Stress Incontinence
- Cystocele

| SIZE | INCH | MM |
|------|------|------|
| 0 | 1.90 | 48.5 |
| 1 | 2.10 | 53.5 |
| 2 | 2.30 | 59 |
| 3 | 2.50 | 64 |
| 4 | 2.70 | 69 |
| 5 | 2.95 | 75 |
| 6 | 3.10 | 79 |
| 7 | 3.30 | 84 |

with & w/o support

Incontinence Ring

- Stress incontinence

| SIZE | INCH | MM |
|------|------|-----|
| 0 | 1.75 | 44 |
| 1 | 2.00 | 51 |
| 2 | 2.25 | 57 |
| 3 | 2.50 | 64 |
| 4 | 2.75 | 70 |
| 5 | 3.00 | 76 |
| 6 | 3.25 | 83 |
| 7 | 3.50 | 89 |
| 8 | 3.75 | 95 |
| 9 | 4.00 | 102 |

Flexi-Shelf

- 2nd-3rd degree prolapse

| SIZE | INCH | MM |
|------|------|----|
| 6 | 2.25 | 57 |
| 8 | 2.50 | 64 |
| 10 | 2.75 | 70 |
| 12 | 3.00 | 76 |

Inflatable Donut

- 2nd-3rd degree prolapse
- Cystocele
- Rectocele

| SIZE | INCH | MM |
|------|------|----|
| 2 | 2.00 | 51 |
| 3 | 2.25 | 57 |
| 4 | 2.50 | 64 |
| 5 | 2.75 | 70 |