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Pessary information and advice.

What is a Pessary?

A **pessary** is a medical device inserted into the vagina to support the pelvic organs. It is most commonly used to help manage symptoms of:

- **Pelvic organ prolapse** (bladder, uterus, rectum)
- **Stress urinary incontinence**
- As a **non-surgical** option for symptom relief

Pessaries come in various shapes and sizes. The Pessary types we have at Tracey Miles Physiotherapists are the cube pessary, the ring pessary and the gelhorn. Should you wish to explore a different style of pessary to those we have available we are able to order other stock if this is required.

What to Expect at Your Pessary Fitting Appointment

Your pessary fitting will be performed by Kelly who is a Pelvic health specialist Physiotherapist who has trained in pessary fitting. During your visit, we will:

- Take a brief **medical history**
- Perform a **pelvic examination**
- Assess the most suitable pessary type and size
- Fit the pessary and check for comfort and effectiveness,
- **it is a requirement that you bring your vaginal oestrogen cream to your appointment so that we can use this to fit your pessary**
- Show you how to manage and care for your pessary (if self-management is appropriate)

In some cases, you may try a few different sizes or styles within your appointment before finding the best fit.

Benefits of Using a Pessary

- Immediate **relief of symptoms**
- **Non-surgical** and **reversible**
- Allows for **sexual activity** (in most cases)
- Can be managed independently or with clinical support

Pessary Care and Follow-Up

Once you have had your pessary fitted, it is important that we maintain regular appointments 4-6 monthly so that Kelly can:

- Ensure the pessary remains comfortable and effective
- Check the vaginal tissue for any irritation
- Clean or replace the pessary as needed

Some individuals may choose to remove and clean their pessary themselves, while others prefer to have it managed by a clinician. This will be discussed at your fitting.

Use Of Vaginal oestrogen

Unless you have been previously advised not to use vaginal oestrogen, it is recommended that women who are fitted with a pessary are using vaginal oestrogen, this is because Oestrogen:

- **Reduces Complications:** Vaginal oestrogen helps **reduce the risk of pressure ulcers**, vaginal discharge, infections, and erosion caused by long-term pessary use.
- **Improves Comfort & Fit:** Healthier, more elastic vaginal tissue improves **comfort and retention** of the pessary, reducing the chance of it falling out or causing discomfort.
- **Extends Pessary Life:** While vaginal oestrogen doesn't directly prolong the lifespan of the pessary device itself, it can **extend the time the pessary can be used safely and comfortably**, reducing the need for frequent removal or replacement due to complications.

It is a requirement that women have used their vaginal oestrogen atleast two weeks before the fitting appointment. If you have not currently been using vaginal oestrogen and would like Kelly to write to your GP to request this please do inform us within good time prior to your fitting appointment.

It is also a requirement that women bring their vaginal oestrogen cream to their fitting and follow up appointments.

Booking a Pessary Fitting

If you wish to proceed with a pessary fitting, please contact our clinic to book an appointment

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