

What is a Pessary?

Pessary is a device inserted into the vagina to support pelvic organs such as the uterus, bladder, vagina, and rectum. It can alleviate some symptoms of vaginal pressure or bulging. It is a relatively simple solution to an uncomfortable problem.

There are many different types of pessaries and each is made in many sizes. Your doctor will work with you to find the correct pessary for you. It is not uncommon that fitting will take a few tries.

What is it made of?

A soft and pliable silicone.

How is it inserted?

A pessary is inserted with a small amount of lubricant and much like a diaphragm.

How do I take care of it?

A pessary can be removed as often as a patient wishes or can be left in place for as long as 3 months, if unable to remove it yourself. Most women will notice increased vaginal discharge when leaving it in the vagina for a prolonged period of time. This is a normal response and unless the discharge becomes irritating or foul smelling, it is not a sign of infection. Some women choose to leave the pessary in the vagina during intercourse. The pessary does not need to be replaced for another on a yearly basis – only when it becomes very discolored or if you are not able to clean it well.

After removing the pessary wash it with mild soap and water (the vagina is not sterile). Do not use alcohol, bleach, peroxide, or other harsh chemicals as they can irritate the vagina and cause changes in the pessary rubber.

Will it fall out?

The pessary may fall out with straining or heavy lifting. If this happens, notify your doctor. It may be that your pessary is too small. If your pessary falls out, wash it with soap and water before reinserting.

When should I call the nurse?

Call the nurse at (734) 763-6295 if you are having any of the following signs and symptoms:

- pain with urination or bowel movement.
- vaginal bleeding when it is not your normal period time.
- vaginal discharge with a foul odor.
- pain or discomfort with the pessary in.
- inability to urinate or have a bowel movement.

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