

What is a vaginal pessary?

It is a plastic or silicone device which is inserted into your vagina to hold a prolapsed womb or vaginal wall in place.

What are the benefits?

Having a pessary inserted won't cure your prolapse, but it may help to ease the symptoms and make you feel more comfortable. This will allow you to continue with your everyday activities such as exercising, working and caring for your family.

What are the risks?

There are a few side effects and risks. Your doctor will discuss this with you prior to insertion.

How is the pessary fitted?

Before you have a pessary fitted, you will have a vaginal examination to find out the size of pessary you will need. It may take more than one fitting to find the correct size for you. If it is uncomfortable or falls out, you may need a different size of pessary.

When the pessary is in the correct position, you should not be able to feel it.

How often should my pessary be changed?

Your ring pessary will be changed and replaced every 4-6 months. Please contact your GP to arrange an appointment to come back for a replacement. We will remove the pessary and check for any problems, such as bleeding, ulcers or infection in the vagina, before replacing it with another one.

What happens if I have a problem with my pessary?

Please contact your GP if your pessary falls out or you experience any problems with it.