



LARAMIE PHYSICIANS FOR WOMEN AND CHILDREN

2710 E. HARNEY STREET, LARAMIE, WY 82072

WOMEN'S HEALTH

(307) 745-8991

PEDIATRICS

(307) 721-3118

Caring Hearts, Healing Hands

Pessary Information

What is a pessary?

- A removable device placed into the vagina that is designed to support areas of pelvic organ prolapse and urinary incontinence.
- The pessary will be fitted in our office; your medical provider will teach you how to remove, clean and reinsert the pessary. The pessary should be cleaned regularly. If you have trouble inserting the pessary, you can have your medical provider do it for you.

What are the risks?

- Open sores or wearing away of the vaginal wall
- Bleeding and bulging of the rectum

Is a pessary right for me?

- Pessaries may be the best choice if you haven't finished having children
- Pessaries may be a good choice if you have been told surgery would be risky for you
- Pessaries may NOT be a good choice if you have had a hysterectomy

What else should I know about the pessary?

- Most pessaries can be worn during intercourse—if yours cannot, your clinician will let you know
- When inserting the pessary, make sure to use enough lubrication for easy insertion
- The pessary may fall out if you strain or lift something—if this keeps happening, talk to your medical provider
- Many pessaries can be worn for an extended period of time before having to be cleaned—when it does need cleaned, simple soap and water can be used

When To Call Our Office - (307) 745-8991

- If you experience severe constipation
- If you notice large amount of white or bloody discharge
- You experienced increased pain
- If you notice a foul smell