



Pessary

What is a pessary?

A pessary is small device that is placed in your vagina to support your uterus, bladder and/or rectum. A pessary may be helpful to stop urine from leaking (incontinence).

Pessaries come in many sizes and shapes. Your doctor will fit you with a pessary. It is not unusual to have to change the size or shape of the pessary. You may need to try several before you find one that is right for you. When the pessary is in the correct position you should not be able to feel it.

What should I do if the pessary falls out?

If the pessary doesn't fit well it may fall out. Don't be alarmed if this happens. Wash the pessary and put it in a plastic bag. Make an appointment with the doctor to have another pessary fitted. Bring the pessary in the bag to your doctor's visit.

What does the pessary cost?

A pessary costs about \$65. Check your insurance plan to see if this cost is covered. If not, you will have to buy the pessary. The hospital will send an invoice to your home address.

If the pessary doesn't fit, return it to your doctor's office. The doctor will fit another pessary.

When does the pessary need to be removed?

Once you have a pessary that fits and feels comfortable, you will have follow-up visits with the doctor every 3 to 4 months. At each visit, the doctor will take out the pessary and check inside your vagina. If there are no problems, the pessary will be cleaned and put back in.

If you wish, the doctor can show you how to clean your pessary and tell you what warning signs to watch for.

What problems are possible with a pessary?

The pessary falls out

The most common problem is that the pessary may fall out. This is more likely to happen when you are on the toilet, especially if you are straining to have a bowel movement. To learn how to prevent straining, see page 3.

Always check the toilet bowl before you flush. If the pessary has fallen in, take it out, wash it with mild soap and put it in a plastic bag. Call your doctor's office to let the staff know this happened and make another appointment. At this visit, you can try another pessary or discuss other possible options.

Increased discharge and odour

You may notice more vaginal discharge and odour than usual. Call the doctor if this concerns you. The doctor may give you a cream to use (or a prescription for the cream).

How to use the cream (or follow your doctor's directions):

- Put ½ an applicator of cream into your vagina three times (at least a day apart) during the first week
- After the first week, use ½ an applicator two times a week.
- Clean the applicator after each use. Rinse it under warm water and push the bulb several times. Then, wipe the applicator dry.
- If you notice any irritation or discomfort, stop using the cream and call your doctor.

Bleeding

If you no longer have periods and you notice bleeding from your vagina, call your doctor. Don't worry, this does not always mean that something is wrong. Your doctor will decide if you need an appointment.

Difficulty passing urine

Pessaries that help stop urine from leaking may occasionally make it difficult to empty your bladder. If you cannot pass urine and you feel uncomfortable, call your doctor.

If you cannot reach your doctor, you haven't passed urine for 6 to 8 hours and are having pain, go to the nearest hospital emergency room. Tell them that you have a pessary in place.

Leaking urine

If you are using a pessary to support your uterus, vagina or bladder, you may notice some leaking of urine. This may not have happened before the pessary was inserted or it starts to happen more often.

If leaking occurs suddenly, call your doctor. This may be a sign of a urinary tract infection.

If leaking is not caused by an infection and it is upsetting for you, talk with your doctor. You may try another pessary or discuss other options.

How can I prevent constipation?

Your bowel movements should be soft, so that you don't have to strain. The chart below tells you how to prevent or treat constipation.

How to manage constipation	High fibre recipe
<p>Constipation makes your bowel movements dry, hard and difficult to pass without straining.</p> <p>If this is a problem for you, try:</p> <ul style="list-style-type: none"> • eating foods that are high in fibre, such as whole grain products, vegetables and fruits • drinking 5 to 6 cups (about 1½ litres) of water each day • increasing your daily physical activity or exercise • using our high fibre recipe → 	<p>Ingredients</p> <ul style="list-style-type: none"> 1 cup (250 ml) applesauce 1 cup (250 ml) Allbran® cereal ½ cup (125 ml) prune juice <ul style="list-style-type: none"> • Mix ingredients and keep in an airtight container in the fridge. • Take 2 tablespoons (30 ml) of the mixture twice a day for 1 week. • If this doesn't help, take 3 to 4 tablespoons twice a day until it starts to work. • When it starts to work, cut back to 2 tablespoons a day.

When should I call the doctor?

If you have questions or concerns, please call the clinic at 905-574-8488.

Call the doctor if you notice:

- the pessary is causing pain or pressure
- the pessary falls out
- increased discharge from your vagina
- the discharge from your vagina has a bad smell
- bleeding from your vagina
- trouble passing urine or sudden leaking of urine