

“What is a pessary?”



A silicone pessary is a flexible device worn in the vagina for a period of time determined by your health care professional. It supports certain pelvic organs that have descended (prolapsed) and/or helps with urinary incontinence.

A pessary may be suggested for prosthetic or therapeutic reasons.

The World's leading manufacturer of support pessaries

CooperSurgical

CooperSurgical is the leading company dedicated to providing medical devices and procedure solutions that improve health care delivery to women regardless of clinical setting. Our company is fostering that position through expansion of its core businesses and introduction of advanced technology-based products which aid clinicians in the management and treatment of commonly seen conditions.

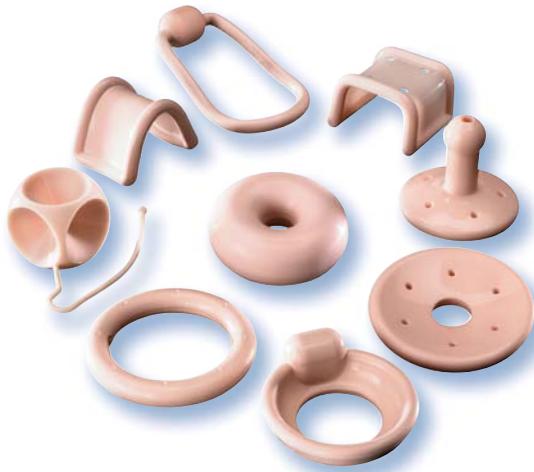
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How Pessaries Can Help You Resume Your Normal Activities

PESSARY INFORMATION



How does a pessary work?

A pessary provides support for certain pelvic organs that have “fallen” (prolapsed) by repositioning these organs to their original position. Some pessaries are specifically designed to stabilize the urethra in stress urinary incontinence (loss of urine during coughing, laughing, strenuous exercise). Some pessaries must be removed nightly by the patient. Most pessaries, however, are inserted and removed by a health care professional. Anyone wearing a pessary must follow-up with their doctor as directed. At these visits the pessary is removed and cleaned by the health care professional and the vagina is examined to be sure there are no conditions to prevent reinserting the pessary.

What are the benefits?

- Non-invasive solution to the problem
- Conservative therapy
- May help determine the proper surgical procedure
- Improves quality of life in non-surgical situations

What type of follow up and/or maintenance is required?

Pessaries are made of state-of-the-art silicone. This ensures the pessary has a longer life, with less chance of an allergic reaction. Initially, patients may need to be seen by a health care professional several times in the first month of usage and then at least every three months. The schedule of follow-up examinations may be altered to fit the needs of the individual patient.

As with any medical device or procedure, please contact your health care professional if you have any questions. Specific items to call about are:

- Pain during urination or bowel movement
- Inability to urinate or have a bowel movement
- Vaginal discharge and/or odor



Will I feel it in place? How comfortable is it?

A properly fitted pessary should not be felt once in position. A woman wearing a pessary should be able to continue her normal activities. It is not unusual for a health care professional to try several different sizes and/or shapes of pessaries before determining the one which assures patient comfort and relief of symptoms. Refitting with another size or even a different pessary is sometimes necessary.

Can I remain sexually active once a pessary is inserted?

There are some pessaries that may be worn even during intercourse. There are also two pessary styles made for patient removal. If you are going to be fitted with a pessary, be sure to let your health care professional know if you are sexually active.

Why should I use Trimo-San?

- Trimo-San helps restore and maintain normal vaginal acidity.
- Trimo-San coats the walls of the vagina with a lubricating gel that helps reduce odor-causing bacteria.



What if I need an X-Ray or MRI?

Some pessaries contain metal components and must be removed prior to having an MRI. Your doctor also may request removal prior to an X-Ray. If you are wearing a pessary and have to undergo one of these procedures, be sure to check with your health care professional to see if your pessary contains any metal. Pessaries will not affect airport metal detectors.

What do I need to do?

After thoroughly considering your health care professional's advice and the information in this brochure, if you would like to begin wearing a supportive pessary to correct your medical condition, please call your health care professional for an appointment.