

Milex®

Pessary Reference Guide

Pessaries for Incontinence and Pelvic Organ Prolapse



CooperSurgical®

Effective, first-line therapy for prolapse and incontinence¹

Noninvasive Milex® pessaries help manage gynecologic issues including pelvic support defects, stress urinary incontinence and urinary retention.²

As a nonsurgical tool for treating mild to severe pelvic organ prolapse, Milex pessaries can be an effective option.³ They help to support pelvic organs and offer a first-line therapy for women with prolapse and/or incontinence that can affect their quality of life.⁴ Available in a range of sizes and shapes, Milex pessaries can be fitted in the convenience of your office and are easily managed by patients.^{3,5}

Pessaries may be used in the assessment of prolapse reduction of a patient's symptoms and assist in determining appropriate surgical options.⁴



1. Jones KA, Harmanli O. Pessary use in pelvic organ prolapse and urinary incontinence. Rev Obstet Gynecol. 2010;3(1):3-9.

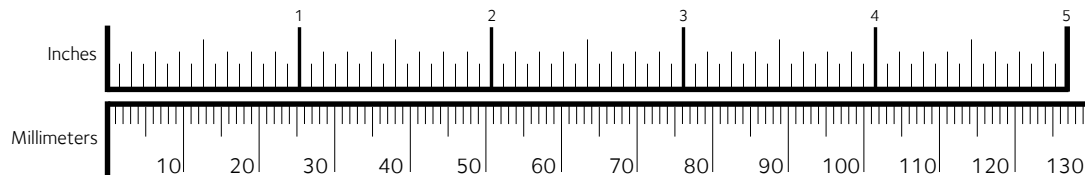
2. Pessaries for POP and SUI: Your options and guidance on use OBG Management | December 2020 | Vol. 32 No. 12 Henry M. Lerner, MD

3. Pessaries for POP and SUI: Their fitting, care, and effectiveness in various disorders OBG Manag. 2021 January;33(1):20-27, 51 | doi: 10.12788/obgm.0057 By Henry M. Lerner, MD

4. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pgs 53-54

5. Please refer to the Milex Pessary Selection chart and each device instructions for use.

Brand Pessary Product Offerings



P = Prolapse **I** = Incontinence

Support Pessaries

Ring

For mild prolapse.

Product # MXPER (Pessary Only)

P



Scan to see
product insertion
and removal

| PRODUCT # | IN. | MM |
|----------------|-----|-----|
| MXPER00 | 1¾ | 44 |
| MXPER01 | 2 | 51 |
| MXPER02 | 2¼ | 57 |
| MXPER03 | 2½ | 64 |
| MXPER04 | 2¾ | 70 |
| MXPER05 | 3 | 76 |
| MXPER06 | 3¼ | 83 |
| MXPER07 | 3½ | 89 |
| MXPER08 | 3¾ | 95 |
| MXPER09 | 4 | 102 |
| MXPER10 | 4¼ | 108 |

Ring with Knob

For mild prolapse complicated
by stress urinary incontinence.

Product # MXPERK (Pessary Only)

P, I



Scan to see
product insertion
and removal

| PRODUCT # | IN. | MM |
|-----------------|-----|-----|
| MXPERK00 | 1¾ | 44 |
| MXPERK01 | 2 | 51 |
| MXPERK02 | 2¼ | 57 |
| MXPERK03 | 2½ | 64 |
| MXPERK04 | 2¾ | 70 |
| MXPERK05 | 3 | 76 |
| MXPERK06 | 3¼ | 83 |
| MXPERK07 | 3½ | 89 |
| MXPERK08 | 3¾ | 95 |
| MXPERK09 | 4 | 102 |
| MXPERK10 | 4¼ | 108 |

Ring with Support

For mild prolapse complicated
by a mild cystocele.

Product # MXPRS (Pessary Only)

P



Scan to see
product insertion
and removal

| PRODUCT # | IN. | MM |
|----------------|-----|-----|
| MXPRS00 | 1¾ | 44 |
| MXPRS01 | 2 | 51 |
| MXPRS02 | 2¼ | 57 |
| MXPRS03 | 2½ | 64 |
| MXPRS04 | 2¾ | 70 |
| MXPRS05 | 3 | 76 |
| MXPRS06 | 3¼ | 83 |
| MXPRS07 | 3½ | 89 |
| MXPRS08 | 3¾ | 95 |
| MXPRS09 | 4 | 102 |
| MXPRS10 | 4¼ | 108 |

Incontinence Ring

For stress urinary incontinence.

Product # MXPCON (Pessary Only)

| PRODUCT # | IN. | MM |
|-----------------|-----|----|
| MXPCON00 | 1¾ | 44 |
| MXPCON01 | 2 | 51 |
| MXPCON02 | 2¼ | 57 |

Ring with Support & Knob

For mild prolapse complicated by
a mild cystocele and stress urinary
incontinence.

Product # MXPRSK (Pessary Only)

| PRODUCT # | IN. | MM |
|-----------------|-----|----|
| MXPRSK00 | 1¾ | 44 |
| MXPRSK01 | 2 | 51 |
| MXPRSK02 | 2¼ | 57 |

Shatz

For mild prolapse complicated
by a mild cystocele.

Product # MXPSH (Pessary Only)

| PRODUCT # | IN. | MM |
|--------------------|-----|----|
| MXPSH-1 1/2 | 1½ | 38 |
| MXPSH-1 3/4 | 1¾ | 44 |
| MXPSH-2 | 2 | 51 |



Scan to see
product insertion
and removal

| | | |
|-----------------|----|-----|
| MXPCON03 | 2½ | 64 |
| MXPCON04 | 2¾ | 70 |
| MXPCON05 | 3 | 76 |
| MXPCON06 | 3¼ | 83 |
| MXPCON07 | 3½ | 89 |
| MXPCON08 | 3¾ | 95 |
| MXPCON09 | 4 | 102 |
| MXPCON10 | 4¼ | 108 |



Scan to see
product insertion
and removal

| | | |
|-----------------|----|-----|
| MXPRSK03 | 2½ | 64 |
| MXPRSK04 | 2¾ | 70 |
| MXPRSK05 | 3 | 76 |
| MXPRSK06 | 3¼ | 83 |
| MXPRSK07 | 3½ | 89 |
| MXPRSK08 | 3¾ | 95 |
| MXPRSK09 | 4 | 102 |
| MXPRSK10 | 4¼ | 108 |



Scan to see
product insertion
and removal

| | | |
|--------------------|----|----|
| MXPSH-2 1/4 | 2¼ | 57 |
| MXPSH-2 1/2 | 2½ | 64 |
| MXPSH-2 3/4 | 2¾ | 70 |
| MXPSH-3 | 3 | 76 |
| MXPSH-3 1/4 | 3¼ | 83 |
| MXPSH-3 1/2 | 3½ | 89 |
| MXPSH-3 3/4 | 3¾ | 95 |

Trimo-San™ Vaginal Jelly with Jel-Jector

Trimo-San Vaginal Jelly with Jel-Jector
(MXAPP Jel-Jector replacement at no charge)

Product # MX5030



*Available in the USA. Call your Sales Representative for availability outside the USA.

Incontinence Dish

For stress urinary incontinence.

Product # MXPCOND
(Pessary Only)



Incontinence Dish with Support

For stress urinary incontinence with
mild prolapse and a mild cystocele.

Product # MXPCONDS
(Pessary Only)



| Dish | Dish w/ Support | | |
|------------------|-------------------|-----|----|
| PRODUCT # | PRODUCT # | IN. | MM |
| MXPCOND00 | MXPCONDS00 | 2⅛ | 55 |
| MXPCOND01 | MXPCONDS01 | 2⅜ | 60 |
| MXPCOND02 | MXPCONDS02 | 2½ | 65 |
| MXPCOND03 | MXPCONDS03 | 2¾ | 70 |
| MXPCOND04 | MXPCONDS04 | 3 | 75 |
| MXPCOND05 | MXPCONDS05 | 3⅛ | 80 |
| MXPCOND06 | MXPCONDS06 | 3⅜ | 85 |



Scan to see
product insertion
and removal

Gehrung/Folding

Support for cystocele and rectocele.
It is also more adaptable in cases of
precidentia where the uterus tends to
herniate when other pessaries are used.

Product # MXPGS (Pessary Only)

Gehrung with Knob/Folding

Provide support under the
bladder and stabilizes the
urethrovaginal junction.

Product # MXPGSK (Pessary Only)

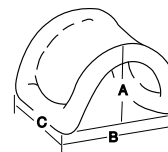
| Gehrung Folding | Gehrung w/ Knob/Folding | | | | | | |
|--------------------|----------------------------|------------|-----------|------------|-----------|------------|-----------|
| PRODUCT # | PRODUCT # | IN. (A) | MM (A) | IN. (B) | MM (B) | IN. (C) | MM (C) |
| MXPGS00 | MXPGSK00 | 1⅞ | 27 | 1½ | 38 | 1⅜ | 35 |
| MXPGS01 | MXPGSK01 | 1⅞ | 29 | 1¾ | 44 | 1½ | 38 |

| Gehrung Folding | Gehrung w/ Knob/Folding | | | | | | |
|--------------------|----------------------------|------------|-----------|------------|-----------|------------|-----------|
| PRODUCT # | PRODUCT # | IN. (A) | MM (A) | IN. (B) | MM (B) | IN. (C) | MM (C) |
| MXPGS06 | MXPGSK06 | 1⅞ | 48 | 2½ | 64 | 2⅞ | 54 |
| MXPGS07 | MXPGSK07 | 2 | 51 | 2⅞ | 73 | 2¼ | 57 |



| MXPGS02 | MXPGSK02 | 1 ³ / ₈ | 35 | 2 | 51 | 1 ⁵ / ₈ | 41 |
|---------|----------|-------------------------------|----|-------------------------------|----|-------------------------------|----|
| MXPGS03 | MXPGSK03 | 1 ¹ / ₂ | 38 | 2 ¹ / ₈ | 54 | 1 ³ / ₄ | 44 |
| MXPGS04 | MXPGSK04 | 1 ⁵ / ₈ | 41 | 2 ³ / ₄ | 57 | 1 ⁷ / ₈ | 48 |
| MXPGS05 | MXPGSK05 | 1 ³ / ₄ | 44 | 2 ³ / ₈ | 60 | 2 | 51 |

| MXPGS08 | MXPGSK08 | 2 ¹ / ₈ | 54 | 3 | 76 | 2 ³ / ₈ | 60 |
|---------|----------|-------------------------------|----|---|----|-------------------------------|----|
|---------|----------|-------------------------------|----|---|----|-------------------------------|----|



Scan to see product insertion and removal

Space Occupying Pessaries

Cube

Support for 3rd degree prolapse/procidientia.

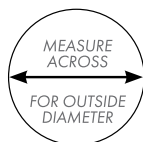
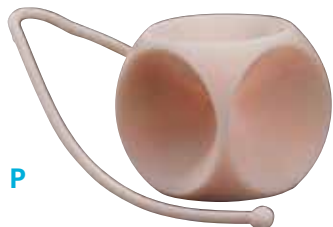
Product # MXPEC (Pessary Only)

Also available in:
Cube with
Drainage Holes
Product # MXPECH (Pessary Only)

| Cube | w/ Holes | | |
|----------------|-----------------|--------------------------------|----|
| PRODUCT # | PRODUCT # | IN. | MM |
| MXPEC00 | MXPECH00 | 1 | 25 |
| MXPEC01 | MXPECH01 | 1 ³ / ₁₆ | 30 |
| MXPEC02 | MXPECH02 | 1 ³ / ₈ | 35 |
| MXPEC03 | MXPECH03 | 1 ¹ / ₂ | 38 |
| MXPEC04 | MXPECH04 | 1 ⁵ / ₈ | 41 |
| MXPEC05 | MXPECH05 | 1 ³ / ₄ | 44 |
| MXPEC06 | MXPECH06 | 2 | 51 |
| MXPEC07 | MXPECH07 | 2 ¹ / ₄ | 57 |



Scan to see product insertion and removal



Inflatoball™

Inflatable for 2nd and 3rd degree prolapse/procidientia with or without a mild cystocele and/or rectocele.

Product # MXPINF (Pessary Only)

| PRODUCT # | IN. | MM |
|-----------------|-------------------------------|----|
| MXPINFs | 2 | 51 |
| MXPINFm | 2 ¹ / ₄ | 57 |
| MXPINFfL | 2 ¹ / ₂ | 64 |
| MXPINFxL | 2 ³ / ₄ | 70 |

P



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Donut

Support for 3rd degree prolapse/procidientia. Not to be deflated during insertion or removal. See Inflatoball if a deflatable pessary is necessary.

Product # MXPDO (Pessary Only)

| PRODUCT # | IN. | MM |
|----------------|-------------------------------|----|
| MXPDO00 | 2 | 51 |
| MXPDO01 | 2 ¹ / ₄ | 57 |
| MXPDO02 | 2 ¹ / ₂ | 64 |
| MXPDO03 | 2 ³ / ₄ | 70 |
| MXPDO04 | 3 | 76 |
| MXPDO05 | 3 ¹ / ₄ | 83 |
| MXPDO06 | 3 ¹ / ₂ | 89 |
| MXPDO07 | 3 ³ / ₄ | 95 |

P



Scan to see product insertion and removal

Pessary Selection Chart*

| Product code | Pessary Type | Procidentia | | | | | Stress Incontinence | Most Common Sizes | Material |
|--------------|--------------|--------------|----------------|--------------|-----------|-----------|---------------------|-------------------|----------|
| | | Prolapse | | | Cystocele | Rectocele | | | |
| | | Stage I & II | Stage III & IV | Vaginal Wall | | | | | |

Support Pessaries

Gellhorn

For 3rd degree prolapse/procidentia.

Product # MXPGE (Pessary Only)

Also available in:
Short Stem Product # MXPSS
(Pessary Only)



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product insertion
and removal

| Flexible PRODUCT # | Short Stem PRODUCT # | IN. | MM |
|-----------------------|-------------------------|-----|----|
| MXPGE-1 1/2 | MXPSS-1 1/2 | 1½ | 38 |
| MXPGE-1 3/4 | MXPSS-1 3/4 | 1¾ | 44 |
| MXPGE-2 | MXPSS-2 | 2 | 51 |
| MXPGE-2 1/4 | MXPSS-2 1/4 | 2¼ | 57 |
| MXPGE-2 1/2 | MXPSS-2 1/2 | 2½ | 64 |
| MXPGE-2 3/4 | MXPSS-2 3/4 | 2¾ | 70 |
| MXPGE-3 | MXPSS-3 | 3 | 76 |
| MXPGE-3 1/4 | MXPSS-3 1/4 | 3¼ | 83 |
| MXPGE-3 1/2 | MXPSS-3 1/2 | 3½ | 89 |
| MXPGE-3 3/4 | MXPSS-3 3/4 | 3¾ | 95 |

| | | | | | | | | | |
|-----------------|--------------------------------|---|---|--|---|---|---|---------------------|--------------------|
| MXPER | Ring | ● | | | | | | 2½ - 3¾" | Silicone & Metal** |
| MXPERK | Ring with knob | ● | | | | | ● | 2¼ - 3½" | Silicone & Metal** |
| MXPRS | Ring with support | ● | | | ● | | | 2½ - 3¾" | Silicone & Metal** |
| MXPRSK | Ring with support and knob | ● | | | ● | | ● | 2¼ - 3½" | Silicone & Metal** |
| MXPCON | Incontinence Ring | | | | | | ● | 2¼ - 3½" | Silicone & Metal** |
| MXPSH | Shaatz | ● | | | ● | | | 2¼ - 3" | Silicone |
| MXPCOND | Incontinence Dish | | | | | | ● | 2½ - 3 ⅛" | Silicone |
| MXPCONDS | Incontinence Dish with support | ● | | | ● | | ● | 2½ - 3 ⅛" | Silicone |
| MXPGS | Gehrung | ● | ● | | ● | ● | | 1¾ - 1¾" x 2 - 2 ⅜" | Silicone & Metal** |
| MXPGSK | Gehrung with knob | ● | ● | | ● | ● | ● | 1¾ - 1¾" x 2 - 2 ⅜" | Silicone & Metal** |

Space Occupying Pessaries

| | | | | | | | | | |
|---------------|-------------|---|---|---|---|---|--|-----------|----------|
| MXPDO | Donut | | ● | | | | | 2½ - 3¾" | Silicone |
| MXPGE | Gellhorn | | ● | | | | | 2¼ - 3" | Silicone |
| MXPEC | Cube | | ● | ● | ● | ● | | 1 ⅜ - 1¾" | Silicone |
| MXPINF | Inflatoball | ● | ● | | ● | ● | | 2¼ - 2½" | Latex |

* Manufacturer Instructions for Use.

** Larger sizes contain metal

Pessary Fitting Process

Proper fitting of the pessary may require the patient to try several pessary shapes and sizes.⁶ Start with a pessary shape and size based on your findings from a complete pelvic examination.³

Once the correct shape is determined and the pessary is inserted, check to make sure your finger can pass easily between the pessary and the vaginal wall.³ Ask the patient to perform a series of tests such as squat, sit or stand without delivery of the pessary.⁷

Also check the pessary to be sure the intended function is met.⁷ For example, when the indication for the pessary is stress urinary incontinence, ask the patient to cough with the pessary out and again with it in, to test for urine leakage.⁸



Scan QR Code for insertion and removal videos

6. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pg 18

7. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pg 36

8. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pgs 25-26

9. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pg 17

10. Vaginal Pessaries, Teresa Tam and Matthew F. Davies, pg 16

11. Based on Internal Sales Data from 2022

FAQs

How do I know which pessary to choose for my patient?

- a. The patient's pelvic exam, vaginal depth and caliber will help you assess the appropriate type and size of pessary needed.⁹ Pessaries for pelvic organ prolapse generally have two categories: the support pessaries and the space-occupying pessaries.¹⁰ The most common support pessary is the Ring pessary.¹¹ The most common space-occupying pessary is the Gellhorn.¹¹
- b. Patient lifestyle may also guide your selection of pessary type.⁹ Patients who are active and interested in self-care are better suited with a pessary that is easy to remove, clean, and reinsert.⁹ Patients who have physical limitations may be better suited to a pessary that is difficult to remove but renders less chance of spontaneous expulsion.⁴

How do I size my patient for a pessary?

Pessary fitting is primarily a trial-and-error process.⁶ A properly fitted pessary should not be felt by the patient while in place.⁶

What if the pessary I have chosen doesn't fit or help with the issue?

If the pessary chosen does not fit or resolve the patient's issue, then try another size or shape. It is important to diagnose the patient's main complaint.⁶ Different types of pessaries have different indications with each style of pessary designed to serve specific functions and patient needs.⁵ This allows the treatment for multiple pelvic floor disorders concomitantly as women have variations in pelvic floor anatomy.¹ For example, if a patient with stress urinary incontinence also has stage I anterior vaginal wall prolapse, an Incontinence Dish with Support may be more appropriate.

What are the differences between one pessary vs. another?

There are different pessary sizes, shapes, and indications for use. Also, there are different insertion processes with different types of pessaries. Care should be individualized to the patient.⁵

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