

Milex®

Pessary Reference Guide

Pessaries for Incontinence
and Pelvic Organ Prolapse





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}

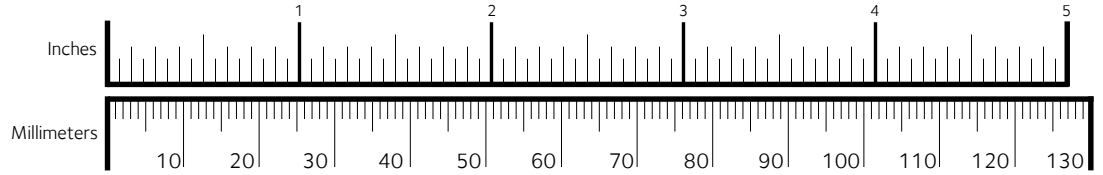
Pessaries may be used in the assessment of prolapse reduction of a patient's symptoms and assist in determining appropriate surgical options.⁴



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



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



Scan to see product insertion and removal

Ring with Knob

For mild prolapse complicated by stress urinary incontinence.

Product # MXPERK (Pessary Only)

P, I



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



Scan to see product insertion and removal

Ring with Support

For mild prolapse complicated by a mild cystocele.

Product # MXPRS (Pessary Only)

P



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



Scan to see product insertion and removal

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

I

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

P, I

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

P

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



Scan to see
product insertion
and removal

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)

P, I

Incontinence Dish with Support

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

Product # MXPCONDS
(Pessary Only)

P, I

Dish	Dish w/ Support	IN.	MM
PRODUCT #	PRODUCT #		
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



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product insertion
and removal

Gehrung/Folding

Support for cystocele and rectocele.
It is also more adaptable in cases of
prolapsed uterus 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)

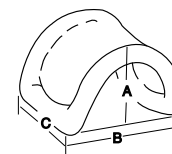
Gehrung Folding	Gehrung w/ Knob/Folding	IN. (A)	MM (A)	IN. (B)	MM (B)	IN. (C)	MM (C)
PRODUCT #	PRODUCT #						
MXPGS00	MXPGSK00	1⅞	27	1½	38	1⅜	35
MXPGS01	MXPGSK01	1⅞	29	1¾	44	1½	38

Gehrung Folding	Gehrung w/ Knob/Folding	IN. (A)	MM (A)	IN. (B)	MM (B)	IN. (C)	MM (C)
PRODUCT #	PRODUCT #						
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 ¹ / 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
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Scan to see product insertion and removal

Space Occupying Pessaries

Cube

Support for 3rd degree prolapse/procidentia.

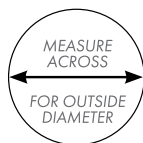
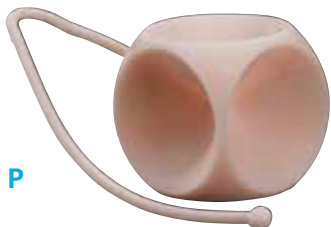
Product # MXPEC (Pessary Only)

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



P

Inflatoball™

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

Product # MXPINF (Pessary Only)

PRODUCT #	IN.	MM
MXPINF S	2	51
MXPINF M	2 ¹ / ₄	57
MXPINF L	2 ¹ / ₂	64
MXPINF XL	2 ³ / ₄	70

P



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Donut

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

Product # MXPDO (Pessary Only)

P



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



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/procidencia.

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 - 3¼"	Silicone & Metal**
MXPERK	Ring with knob	●					●	2¼ - 3½"	Silicone & Metal**
MXPRS	Ring with support	●				●		2½ - 3¼"	Silicone & Metal**
MXPRSK	Ring with support and knob	●				●	●	2¼ - 3½"	Silicone & Metal**
MXPCON	Incontinence Ring						●	2¼ - 3½"	Silicone & Metal**
MXPESH	Shaatz	●				●		2¼ - 3"	Silicone
MXPCOND	Incontinence Dish						●	2½ - 3 1/8"	Silicone
MXPCOND5	Incontinence Dish with support	●				●	●	2½ - 3 1/8"	Silicone
MXPES	Gehring	●	●			●	●	1¾ - 1¾" x 2 - 2 3/8"	Silicone & Metal**
MXPESK	Gehring with knob	●	●			●	●	1¾ - 1¾" x 2 - 2 3/8"	Silicone & Metal**

Space Occupying Pessaries

MXPDO	Donut			●					2½ - 3¼"	Silicone
MXPGE	Gellhorn			●					2¼ - 3"	Silicone
MXPEC	Cube			●	●	●	●		1 3/8 - 1¾"	Silicone
MXPINF	Inflatoball	●	●			●	●		2¼ - 2½"	Latex

* Manufacturer Instructions for Use.

** Larger sizes contain metal



For more information or to order visit ecommerce.coopersurgical.com or call 800.243.2974

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?

- 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
- 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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