

# Pessary Fitting Process

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

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.<sup>3</sup> Ask the patient to perform a series of tests such as squat, sit or stand without delivery of the pessary.<sup>7</sup>

Also check the pessary to be sure the intended function is met.<sup>7</sup> 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.<sup>8</sup>



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

# 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.<sup>9</sup> Pessaries for pelvic organ prolapse generally have two categories: the support pessaries and the space-occupying pessaries.<sup>10</sup> The most common support pessary is the Ring pessary.<sup>11</sup> The most common space-occupying pessary is the Gellhorn.<sup>11</sup>
- b. Patient lifestyle may also guide your selection of pessary type.<sup>9</sup> Patients who are active and interested in self-care are better suited with a pessary that is easy to remove, clean, and reinsert.<sup>9</sup> Patients who have physical limitations may be better suited to a pessary that is difficult to remove but renders less chance of spontaneous expulsion.<sup>4</sup>

## How do I size my patient for a pessary?

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

## 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.<sup>6</sup> Different types of pessaries have different indications with each style of pessary designed to serve specific functions and patient needs.<sup>5</sup> This allows the treatment for multiple pelvic floor disorders concomitantly as women have variations in pelvic floor anatomy.<sup>1</sup> 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.<sup>5</sup>

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Milex®

# Pessary Reference Guide

Pessaries for Incontinence and Pelvic Organ Prolapse



## Effective, first-line therapy for prolapse and incontinence<sup>1</sup>

Noninvasive Milex pessaries help manage gynecologic issues including pelvic support defects, stress urinary incontinence and urinary retention.<sup>2</sup>

As a nonsurgical tool for treating mild to severe pelvic organ prolapse, Milex pessaries are an effective option.<sup>3</sup> They help to reposition pelvic organs and offer a first-line therapy for women with prolapse and/or incontinence that can affect their quality of life.<sup>4</sup> 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.<sup>3,5</sup>

Pessaries may be used in the assessment of prolapse reduction of patient symptoms and assist in determining appropriate surgical options.<sup>4</sup>



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)  
Product # MXKPER (Pessary, Trimo-San, Jel Jector)

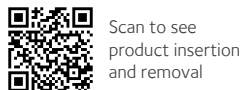


PRODUCT #	IN.	MM
MXPER00	1¾	44
MXPER01	2	51
MXPER02	2¼	57
MXPER03	2½	64
MXPER04	2¾	70
MXPER05	3	76
MXPER06	3¼	83
MXPER07	3½	89
MXPER08	3¾	95
MXPER09	4	102
MXPER10	4¼	108
MXPER11	4½	114
MXPER12	4¾	121
MXPER13	5	127

Ring with Knob

For mild prolapse complicated by stress urinary incontinence.

Product # MXPERK (Pessary Only)  
Product # MXKPERK (Pessary, Trimo-San, Jel Jector)

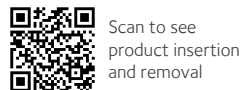
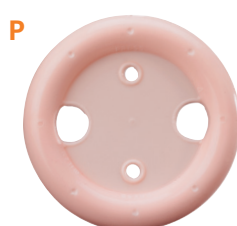


PRODUCT #	IN.	MM
MXPERK00	1¾	44
MXPERK01	2	51
MXPERK02	2¼	57
MXPERK03	2½	64
MXPERK04	2¾	70
MXPERK05	3	76
MXPERK06	3¼	83
MXPERK07	3½	89
MXPERK08	3¾	95
MXPERK09	4	102
MXPERK10	4¼	108
MXPERK11	4½	114
MXPERK12	4¾	121
MXPERK13	5	127

Ring with Support

For mild prolapse complicated by a mild cystocele.

Product # MXPRS (Pessary Only)  
Product # MXKPRS (Pessary, Trimo-San, Jel Jector)



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
MXPRS11	4½	114
MXPRS12	4¾	121
MXPRS13	5	127

Incontinence Ring

For stress urinary incontinence.

Product # MXPCON (Pessary Only)  
Product # MXKPCON (Pessary, Trimo-San, Jel Jector)

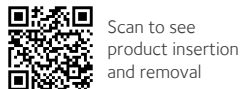


PRODUCT #	IN.	MM
MXPCON00	1¾	44
MXPCON01	2	51
MXPCON02	2¼	57
MXPCON03	2½	64
MXPCON04	2¾	70
MXPCON05	3	76
MXPCON06	3¼	83
MXPCON07	3½	89
MXPCON08	3¾	95
MXPCON09	4	102
MXPCON10	4¼	108
MXPCON11	4½	114
MXPCON12	4¾	121
MXPCON13	5	127

Ring with Support & Knob

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

Product # MXPRSK (Pessary Only)  
Product # MXKPRSK (Pessary, Trimo-San, Jel Jector)

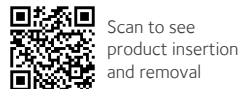


PRODUCT #	IN.	MM
MXPRSK00	1¾	44
MXPRSK01	2	51
MXPRSK02	2¼	57
MXPRSK03	2½	64
MXPRSK04	2¾	70
MXPRSK05	3	76
MXPRSK06	3¼	83
MXPRSK07	3½	89
MXPRSK08	3¾	95
MXPRSK09	4	102
MXPRSK10	4¼	108
MXPRSK11	4½	114
MXPRSK12	4¾	121
MXPRSK13	5	127

Shaatz

For mild prolapse complicated by a mild cystocele.

Product # MXPSH (Pessary Only)  
Product # MXKPSH (Pessary, Trimo-San, Jel Jector)

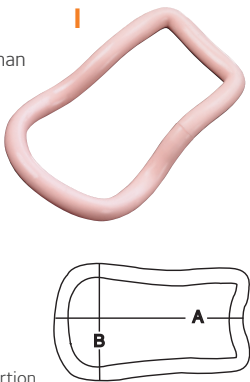
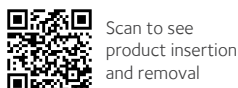


PRODUCT #	IN.	MM
MXPSH-1 1/2	1½	38
MXPSH-1 3/4	1¾	44
MXPSH-2	2	51
MXPSH-2 1/4	2¼	57
MXPSH-2 1/2	2½	64
MXPSH-2 3/4	2¾	70
MXPSH-3	3	76
MXPSH-3 1/4	3¼	83
MXPSH-3 1/2	3½	89
MXPSH-3 3/4	3¾	95

Hodge

For stress urinary incontinence for a woman who has a very small vaginal introitus.

Product # MXPEH (Pessary Only)  
Product # MXKPEH (Pessary, Trimo-San, Jel Jector)



PRODUCT #	IN. (A)	MM (A)	IN. (B)	MM (B)
MXPEH00	2¾	70	1¾	44
MXPEH01	3	76	1⅞	48
MXPEH02	3¼	83	1⅞ <sup>1</sup> / <sub>6</sub>	49
MXPEH03	3½	89	2	51
MXPEH04	3⅝	92	2⅛	54
MXPEH05	3¾	95	2¼	57
MXPEH06	3⅞	98	2½	60
MXPEH07	4¼	108	2½	64
MXPEH08	4⅝	117	2⅞	67
MXPEH09	5	127	2¾	70

Incontinence Dish

For stress urinary incontinence with mild prolapse.

Product # MXPCOND (Pessary Only)  
Product # MXKPCOND (Pessary, Trimo-San, Jel Jector)



Incontinence Dish with Support

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

Product # MXPCONDS (Pessary Only)  
Product # MXKCONDS (Pessary, Trimo-San, Jel Jector)



PRODUCT #	PRODUCT #	IN.	MM
MXPCOND00	MXPCONDS00	2⅞	55
MXPCOND01	MXPCONDS01	2⅞	60
MXPCOND02	MXPCONDS02	2½	65
MXPCOND03	MXPCONDS03	2¾	70
MXPCOND04	MXPCONDS04	3	75
MXPCOND05	MXPCONDS05	3⅞	80
MXPCOND06	MXPCONDS06	3¾	85



Gehrung/Folding

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

Product # MXPGS (Pessary Only)  
Product # MXKPGS (Pessary, Trimo-San, Jel Jector)



Gehrung with Knob/Folding

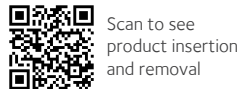
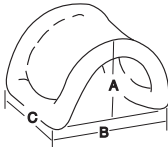
For cystocele with or without mild rectocele complicated by stress urinary incontinence.

Product # MXPGSK (Pessary Only)  
Product # MXKPGSK (Pessary, Trimo-San, Jel Jector)



Gehrung Folding	PRODUCT #	IN. (A)	MM (A)	IN. (B)	MM (B)	IN. (C)	MM (C)
	MXPGS00	1⅞ <sup>1</sup> / <sub>6</sub>	27	1½	38	1¾	35
	MXPGS01	1⅞	29	1¾	44	1½	38
	MXPGS02	1¾	35	2	51	1⅝	41
	MXPGS03	1½	38	2⅞	54	1¾	44
	MXPGS04	1⅝	41	2¼	57	1⅞	48
	MXPGS05	1¾	44	2⅞	60	2	51

Gehrung w/ Knob/Folding	PRODUCT #	IN. (A)	MM (A)	IN. (B)	MM (B)	IN. (C)	MM (C)
	MXPGSK00	1⅞ <sup>1</sup> / <sub>6</sub>	27	1½	38	1¾	35
	MXPGSK01	1⅞	29	1¾	44	1½	38
	MXPGSK02	1¾	35	2	51	1⅝	41
	MXPGSK03	1½	38	2⅞	54	1¾	44
	MXPGSK04	1⅝	41	2¼	57	1⅞	48
	MXPGSK05	1¾	44	2⅞	60	2	51



Space Occupying Pessaries

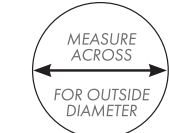
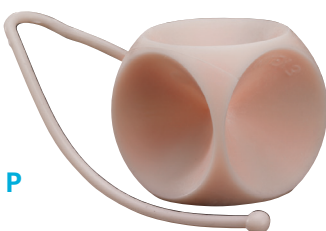
Cube

Support for 3rd degree prolapse/procidentia. Should be removed nightly.

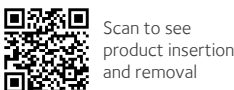
Product # MXPEC (Pessary Only)  
Product # MXKPEC (Pessary, Trimo-San, Jel Jector)

Also available in:  
Cube with Drainage Holes

Product # MXPECH (Pessary Only)  
Product # MXKPECH (Pessary, Trimo-San, Jel Jector)



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



Inflataball™

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

Product # MXPINF (Pessary Only)

Product # MXKPINF (Pessary, Trimo-San, Jel Jector)



PRODUCT #	IN.	MM
MXPINFS	2	51
MXPINFM	2¼	57
MXPINFL	2½	64
MXPINFXL	2¾	70

Donut

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
















Product # MXPDO (Pessary Only)  
Product # MXKPDO (Pessary, Trimo-San, Jel Jector)



PRODUCT #	IN.	MM
MXPDO00	2	51
MXPDO01	2¼	57
MXPDO02	2½	64
MXPDO03	2¾	70
MXPDO04	3	76
MXPDO05	3¼	83
MXPDO06	3½	89
MXPDO07	3¾	95



Pessary Selection Chart\*

Product code	Pessary Type	Procidentia					Stress Incontinence	Incompetent Cervix	Most Common Sizes	Material	Compatible with Sexual Activity
		Prolapse			Cystocele	Rectocele					
		Stage I & II	Stage III & IV	Vaginal Wall							
Support Pessaries											
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	●
MXPEH	 Hodge						●	●	3½ - 4½" x 2¼ - 2⅞"	Silicone & Metal**	●
MXPCOND	 Incontinence Dish	●					●		2½ - 3 ⅞"	Silicone	●
MXPCONDS	 Incontinence Dish with support	●			●		●		2½ - 3 ⅞"	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	

\* Jones KA, Harmanli O. Pessary use in pelvic organ prolapse and urinary incontinence. Rev Obstet Gynecol. 2010;3(1):3-9.  
\*\* Manufacturer Instructions For Use.  
\*\*\* Larger sizes contain metal