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#### WHAT HAPPENS NEXT?

- After the fitting, you will be asked to walk around and empty your bladder, to ensure the correct size has been inserted. A correctly fitted Ring Pessary should not cause you any pain or discomfort. Once you feel comfortable, you will be able to go home and carry on as normal.

#### FOLLOW UP

- Your Ring Pessary should be checked after three months or as advised by clinicians. If the Ring Pessary is removed from the body, it must be replaced with a brand new one.
- The Ring Pessaries are supplied non-sterile and are non-reusable. Products must be removed and disposed of after six months.
- After removal of the Ring Pessary, an inspection of the vagina should be performed to check for ulceration, bleeding, and infection

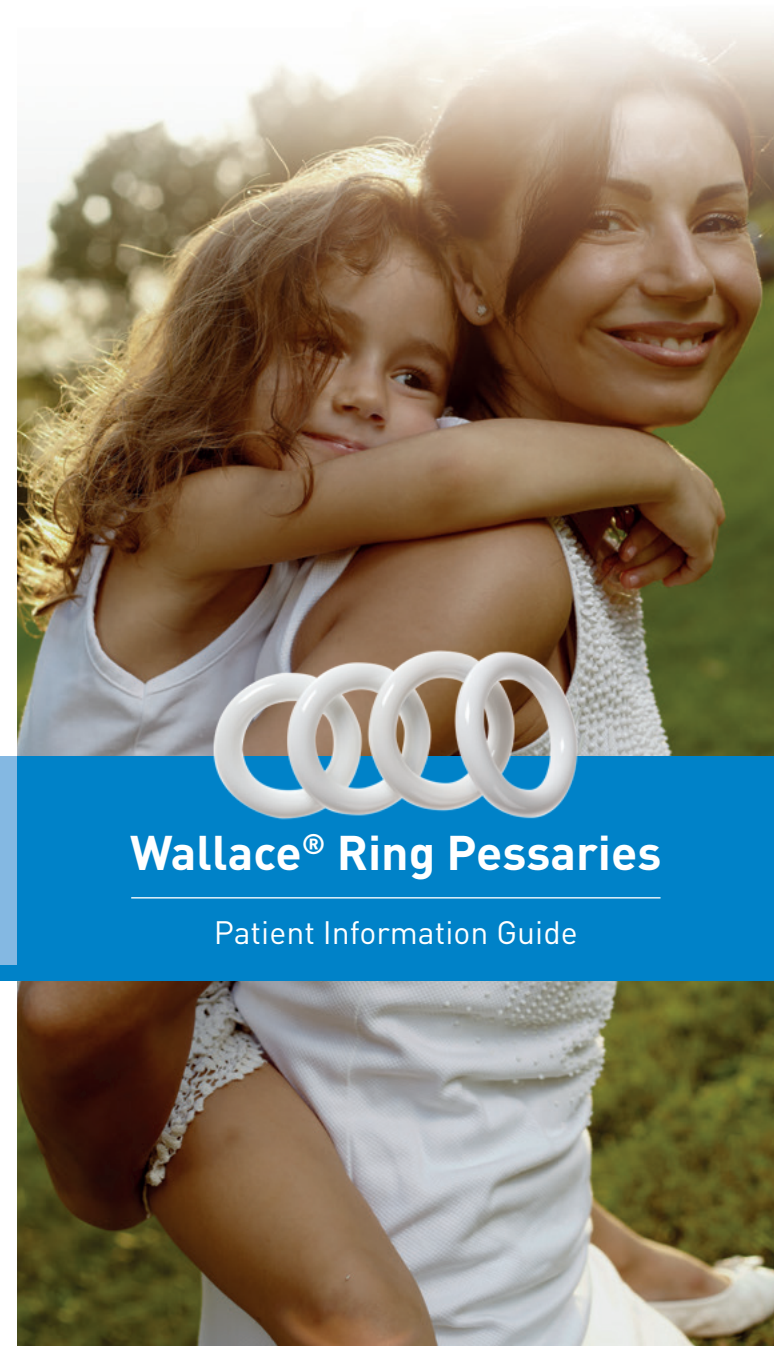
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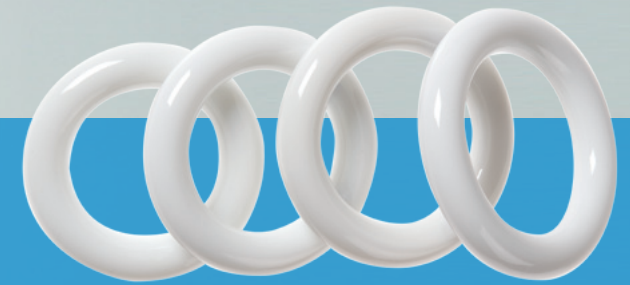


**Wallace® Ring Pessaries**

Patient Information Guide

# WALLACE® RING PESSARIES

## PATIENT INFORMATION GUIDE



### WHAT IS A RING PESSARY?

The Wallace® Ring Pessary is a PVC removable device which is designed to ease uterine prolapse and other uterine displacements, by adding support to the vaginal wall. It helps prevent the uterus from descending, relieving pressure on the bladder and bowel and removing the distress caused by the discomfort of the uterus lying in the vagina.

### WHY DO I NEED A RING PESSARY

Due to weakened and/or damaged pelvic floor muscles, your uterus, bladder or rectum has dropped down into your vagina, and are no longer providing enough support. A prolapse can be caused by many things including:

- Pregnancy and childbirth
- Lifestyle
- Aging

### WHAT ARE THE BENEFITS?

A Wallace® Ring Pessary does not require surgery and is fitted by a doctor or nurse practitioner. It can ease symptoms of bulging, discomfort, urinary or bowel problems as well as sexual difficulties, and make you feel more comfortable. If surgery is required, it can be used to make you more comfortable while you are waiting.

### ARE THERE ANY SIDE EFFECTS?

There are a few side effects and risks, but these are rare:

- You may experience some bleeding as a result of a vaginal ulcer. This can be avoided by using vaginal oestrogen and ensuring that the Ring Pessary is checked regularly.

### ARE THERE ANY SIDE EFFECTS? (CONTINUED)

- You may notice more vaginal discharge than normal
- Occasionally, the Ring Pessary may move or slip which may be because it is too small, or the prolapse has gotten worse

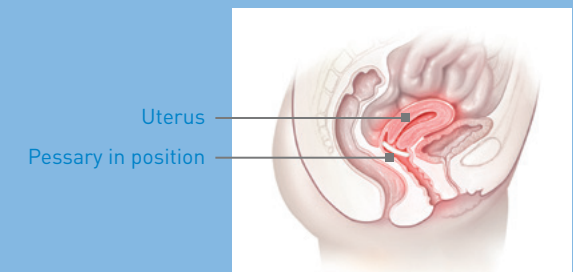
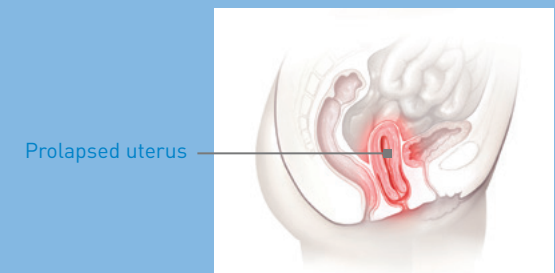
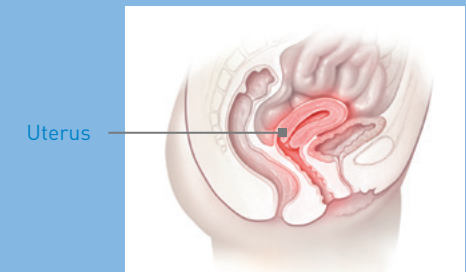
### ALTERNATIVE TREATMENT

The symptoms may be treated by doing pelvic floor exercises or in the long term, surgery.

### FITTING OF A WALLACE® RING PESSARY

- Insertion and removal of Ring Pessaries should only be performed by a doctor or a nurse practitioner
- You will have a vaginal examination using a speculum to determine the size of Ring Pessary required. The Wallace® Ring Pessary comes in sixteen sizes, ranging from 50mm to 110mm.
- The Ring Pessary may be immersed in hot water to warm it and increase its flexibility if required.
- Wearing sterile gloves, the clinician will squash the ring pessary between his finger and thumb, and gently insert the pessary into the vagina.
- To ease insertion, a water soluble lubricating jelly may be applied to the front edge of the Ring Pessary. Holding the Ring Pessary vertically, your clinician will insert it into the vagina angling it down towards the floor of the pelvic basin. The Ring Pessary will be pushed into place ensuring it is on the bony ledge behind the symphysis pubis. The procedure will take about 30 seconds.

### RING PESSARY PLACEMENT



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