

## **Patient Information Insertion and Care of Vaginal Ring Pessary**

### **District Nursing**

We have developed this information leaflet to answer some commonly asked questions about the care following insertion of vaginal ring pessary.

#### **Why did my doctor suggest vaginal ring pessary for me?**

Following your discussion with your doctor, it was felt that a vaginal ring pessary may be the best course of treatment for your uterine prolapse.

Insertion of a vaginal ring pessary may be a suggested treatment for patients because they may:-

- be unfit for major surgery to repair the prolapse
- decide not to undergo surgery
- prefer a palliative treatment to control symptoms
- need a temporary measure while awaiting surgery

#### **Will I be able to feel the vaginal ring pessary once it is in place?**

Once it is in place, you should not feel it. If there is any discomfort you may probably need a different size ring pessary or there may be a localised problem in the vagina.

#### **What are the possible side effects/risks of having a vaginal ring pessary?**

Some patients may experience the following:-

- slight water discharge
- vaginal dryness
- vaginal irritation
- frothy blood stained, and offensive discharge

If you have any of these side effects, please contact your GP or your district nurse.

**Will my vaginal ring pessary fall out?**

After insertion of the ring pessary, your GP/district nurse will ask you to sit up, stand up and walk around, cough, bear down to test that the pessary has been fitted securely. If in the rare occasion when you go home, the pessary falls out, do not panic. Please contact your GP to order a new vaginal ring pessary.

**Will the vaginal ring pessary interfere with my going to toilet?**

No, it should not interfere.

**Will the vaginal ring pessary affect my sexual life?**

No, it should not affect your sexual life.

**How often do I have to change my vaginal ring pessary?**

Normally your pessary will be changed every 3 - 6 months. Your GP or consultant will advise you regarding this.

**Who will change the vaginal ring pessary?**

Your GP or consultant will change your pessary for the first time. After that, your district nurse will change it.

**Do I have to wash "down below" more often, now that I have a vaginal ring pessary?**

You should carry on as normal. We advise, however, that you refresh yourself with warm water to keep clean especially following going to toilet.

**If I have any worries or questions about my vaginal ring pessary what should I do?**

Please contact your GP or district nurse for advice and further information.

Your district nurse is:- \_\_\_\_\_

Tel. No:- \_\_\_\_\_

