

Vaginal pessaries

What is it?

A vaginal pessary is a device placed in the vagina. It is used to support the prolapsed walls of your vagina and/or uterus. Prolapse is a common problem where the bladder, bowel or womb descend into the vagina.

Pessaries do not fix the problem, but they can help the symptoms and make you feel better.

They come in two types:

- Support, or ring pessaries, are for the most common problem where the bladder, bowel or womb descend into the vagina
- Space-occupying pessaries are not as common as support pessaries. They come in a range of forms

What will my GP do now?

Your doctor may suggest using a pessary if you are pregnant or have just had a baby. Also, if you are waiting to have surgery or have other health problems.

Your doctor will refer you to specialist doctors or nurses who can place the device. Sometimes several sizes need to be tried to find the right one for you. The wrong size may fall out.

What questions could I ask my doctor?

- ☐ *What type would be best suited for me?*
- ☐ *How will I know if the pessary is the right fit?*
- ☐ *Are there exercises I should avoid?*



What will my GP do in the future?

You should see your doctor every four to six months. They will change the pessary and answer any questions you may have. You need to tell your doctor if you notice any unusual bleeding. They may ask you to use some special cream to keep your vagina healthy.

What can I do?

After the device has been placed in your vagina you can resume normal activity. It should help you to stay active. It will support the prolapse and make you feel more comfortable. If you feel the pessary is not working well then your doctor may take it out. The pessaries are made from long lasting plastic. You do not need to change them yourself. Keep note of any questions you may have for your next check-up with your GP.

What supports are available?

You can call the National Continence Helpline (1800 33 00 66) for free. You will speak with a nurse who can provide advice and help you find local support services, including those which offer pessary fitting.

Continence Health Australia provides a list of specialists available in NSW when you enter your postcode. Go to [CHA](#)

Where can I learn more?

- **The Royal Women's Hospital** – More about pessaries thewomens.org.au
- **Urogynaecological Society of Australia** – Vaginal Prolapse: ugsa.com.au