

Medical Professional Leaflet

Vaginal Ring Pessary

What is a Portia Vaginal Ring Pessary?

- It is a latex-free, non-sterile donut shaped medical device manufactured and packed in the UK in a GMP controlled environment. The outer diameter can vary from 50mm – 110mm and is available in two materials; the flexible vinyl (PVC) pessary has a wall thickness of 12.5mm and the rigid polythene pessary has a wall thickness of 7.5mm. The rigid polythene pessary may snap if squeezed too hard.

Why would a patient choose to have a Vaginal Ring Pessary fitted?

- The Ring Pessary is commonly used to support pelvic organ prolapse, where there is symptomatic uterine prolapse, cystocele, rectocele or a combination of more than one type of prolapse. The pessary may be fitted temporarily where the patient is waiting for an operation to correct this condition, or permanently where an operation is not an option or not wanted.

The sizing and fitting of the Vaginal Ring Pessary

- The pessary is inserted into the vagina into a position where it will hold the prolapsed organs in place. The sizing and fitting of the pessary should be carried out by a medical professional, usually a doctor or a specialist nurse. See below for details of training on the sizing and fitting of ring pessaries.

How long will the pessary need to stay in place?

- Once the correct size of pessary is fitted, it is the manufacturer's recommendation that it should be replaced every 6 months, but this will ultimately be decided by the medical professional; the pessary should be removed and the area checked for any abnormalities. It is recommended that the pessary is used within 5 years of the Date of Manufacture (DOM). There is both a DOM and Expiry date stated on the pessary pouch.

Where can I get further information from?

- For more information on the sizing and fitting of the ring pessary, please contact Beverly White, Advanced Nurse Specialist on 01865 222767.
- For more information on free training on the sizing and fitting of ring pessaries or how to obtain a sizing guide, please contact Mandy Ball, Quality Manager for Bray Group Ltd on mandy.ball@bray-healthcare.com or 01367 246906.