

## Patient 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 controlled environment. The Pessary can vary in size from 50mm – 110mm and is available in two materials; the PVC pessary has a 12.5mm (thick wall) and is flexible, the polythene pessary has a 7.5mm (thin wall) is more rigid.

#### Why am I having a Vaginal Ring Pessary fitted?

- Ring pessaries are commonly used to correct Pelvic Organ Prolapse (POP), which may be causing you discomfort.
- A POP is described according to the parts of the vagina and uterus that are involved.
  - If the front wall of the vagina (below the bladder) is prolapsing it is called a cystocele.
  - If the back wall of the vagina is prolapsing (in front of the bowel) it is called a rectocele.
  - If the uterus and cervix (womb and neck of the womb) is falling into the vagina this is a uterine prolapse and if this is falling out beyond the entrance to the vagina it is called a procidentia.
- The pessary may be fitted temporarily if you are waiting for an operation to correct this condition, or permanently where an operation is not possible or not wanted.

#### Who will fit the Ring Pessary, where will it be fitted and will it be painful?

- The initial sizing and the fitting of the ring pessary will be carried out by a medical professional (usually Doctor or nurse); it is inserted into the vagina into a position where it will hold the prolapsed organs in place. Where applicable and if the medical professional sees fit, they may train you to remove and replace the pessary, however pessary management will always be under the guidance of a medical professional.
- You may feel a little discomfort during the fitting and the removal of the ring pessary. Gels and creams are available to aid the process; please speak to a medical professional for advice.

#### How long will the Ring Pessary need to stay in position?

- 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 will be removed and the area checked for any abnormalities. If symptoms start to appear such as vaginal bleeding, excessive discharge, pain, irritation or any other side effect which may cause you concern, it is important to contact the person who originally fitted the pessary, an alternative medical professional or the manufacturer, Bray Healthcare on 01367 240736 or email [info@bray-healthcare.com](mailto:info@bray-healthcare.com).

#### Where can I get further information from?

- For more information on the fitting or changing of the ring pessary, please contact Beverly White, Advanced Nurse Specialist on 01865 222767.
- For more information on the Portia Vaginal Ring Pessary, please contact Mandy Ball, Quality Manager for Bray Group Ltd on [mandy.ball@bray-healthcare.com](mailto:mandy.ball@bray-healthcare.com) or 01367 246906.