

Procedure Information Sheet – Insertion of Ring Pessary

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No.:	

1. Introduction

- 1.1 Clinical diagnosis: Cystocele / Uterine Prolapse / Rectocele / Vaginal vault prolapse with enterocele or others (please specify)

- 1.2 A ring pessary is a soft, flexible device that is placed in the vagina to help support the bladder, vagina, uterus, and/or rectum. Pessaries are made in many different shapes and sizes. A pessary is a non-surgical way to treat pelvic organ prolapse and sometimes incontinence. You can use a ring pessary if you would prefer to avoid surgery, or to control your symptoms whilst you are waiting for surgery. Ring pessary normally needs changing every 6 months.

2. Nature of the Procedure

- 2.1. Patient prepared in lithotomy position.
- 2.2. No anaesthesia / conscious sedation
- 2.3. The procedure usually takes 10-15 minutes.
- 2.4. Doctor will carry out a vaginal examination, which will give an estimate of the size of pessary needed. It may take a few tries to get the right one.
- 2.5. The pessary will then be placed into your vagina and moved into place to sit behind your pubic bone. It will take about 30 seconds to put it in and get it in the right place. You may feel some discomfort when it is inserted, but it should not be painful.
- 2.6. After the first fitting you will be asked to walk around for 15 to 20 minutes. This is to make sure the pessary does not fall out and that you can pass urine with the pessary in place. A properly fitted pessary should not cause any pain - if it does then we will need to change the size. We may also fit a different sized pessary if it falls out or you can't pass urine with it in place.

3. Benefits of the procedure

- 3.1. Without requiring surgery for their condition

4. Risk of not having the Procedure

- 4.1. Persistent or worsening of symptoms

5. Special follow-up issue

- 5.1 Pessary must be checked every 6 months or an interval decided by your consultant

6. Side Effects and Complications

- 6.1 Difficulty passing urine
- 6.2 Vaginal abnormal or foul smelling discharge
- 6.3 Vaginal bleeding
- 6.4 Vaginal irritation or itching sensation in the vaginal area
- 6.5 Unusual swelling or tenderness, fever, pains, or cramps in the lower abdomen
- 6.6 Urinary tract infections. Initial signs of this may be difficulty urinating, feeling unwell, or a high temperature.
- 6.7 Difficulty in sexual intercourse
- 6.8 Pessary falls out
- 6.9 Erosion into vaginal wall causing embedded pessary or fistula (very rare)

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7. Remark

7.1. The above mentioned procedural information is by no means exhaustive, other unforeseen complications may occur in special patient groups or different individual. Please contact your physician for further enquiry.

8. Reference

Size of Ring Pessary: _____

LOT Number: _____

Date of insertion of Ring Pessary: _____

Date of renewal of Ring Pessary: _____

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

