

# How to use Vaginal Pessary

陰道片劑的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

### 醫院地址

香港黃竹坑南風徑1號

Mainline 電話

+852 3153 9000

Service hotline 服務熱線

+852 2122 1333

Fax 傳真

+852 2528 0081

[www.gleneagles.hk](http://www.gleneagles.hk)

 港怡醫院  
Gleneagles Hospital Hong Kong

## How to use Vaginal Pessary

### 陰道片劑的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

# How to use Vaginal Pessary

## 陰道片劑的使用方法

### Step 1 步驟1

Always wash your hands thoroughly with soap and water before using vaginal pessary.

使用陰道片劑前，先用肥皂 / 洗手液清潔雙手。

### Step 2 步驟2

Remove all packaging of the pessary and applicator (if supplied).

取出片劑及投藥器 (如有提供)，把陰道片放入。

### Step 3 步驟3

If an applicator is to be used, place the drug into the end of the applicator.

如使用投藥器，請把藥放置其中。

### Step 4 步驟4

Sit or lie down with your legs apart and knees bend.

坐或仰臥床上，雙腿分開並微屈。

### Step 5 步驟5

Insert the pessary high into the vagina gently and carefully either using your fingers or the applicator.

用手指或投藥器 (如有提供) 小心地把陰道片推入陰道內。

### Step 6 步驟6

If an applicator is to be used, depress the plunger to release the pessary, then remove the applicator from vagina.

如使用投藥器，按下活塞，擠出陰道片。完成後拉出投藥器。

### Step 7 步驟7

Pull out the plunger from the applicator. Wash it with soap and water, then rinse and dry.

投藥器可以重複使用，將活塞從投藥器拉出，用溫水和肥皂清洗乾淨及弄乾。

### Step 8 步驟8

Wash your hands again.

再清潔雙手。

### Additional information

#### 注意事項

- | Do not use an applicator to insert pessaries during pregnancy. Please use your fingers instead.
- | The pessary will melt inside the vagina and may results in some symptoms such as itching, burning and discharge in your vagina.
- | Continue using the pessaries until the whole treatment course completes. Do not stop using them even during your menstruation.
- | Check the pessaries and look for the expiration date before use. Never use discoloured, deteriorated or expired pessaries.
- | Store the pessaries in a cool and dry place.
- | If a dose is missed, insert the pessary as soon as you remember, and then continues as instructed before.
- | 孕婦切勿使用投藥器，以免導致任何損傷。應用手指來代替。
- | 使用陰道片劑可能會引致痕癢、灼熱感及流液等症狀。
- | 月經期間仍需繼續用藥至整個療程完畢。
- | 使用前確保片劑沒有過期、變色或變壞。
- | 陰道片劑存放在陰涼處，防止受潮。
- | 如您忘記使用，請盡快按醫生或藥劑師指示繼續使用片劑。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。