

How to use Vaginal Pessary

陰道片劑的使用方法



On your side 護您同行



Gleneagles
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。



Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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