



# Vaginal pessary insertion guide

## General tips for use

- If the pessary feels soft in the packaging, chill in the fridge for a few minutes with the packaging left on.
- Wash your hands before and after inserting a pessary.
- Wash any reusable materials thoroughly after each use (eg. some applicators).
- Discard any single use materials in the general waste (eg. packaging, single use applicators).

## a) How to insert a vaginal pessary using your finger

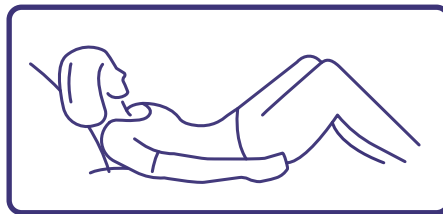


### PREFERRED METHOD IN PREGNANCY



**1.** Remove the pessary from the packaging.

If required, you can moisten the pessary by briefly dipping it in cool water prior to insertion.



**2.** Comfortably position yourself so that you are either squatting or lying on your back or side with your knees bent.

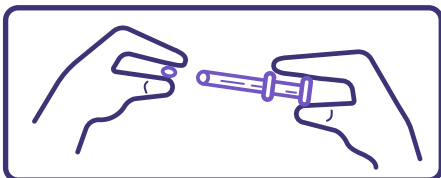


**3.** Gently insert the pessary using your finger as deeply into the vagina as is comfortable.

## b) How to insert a vaginal pessary using an applicator

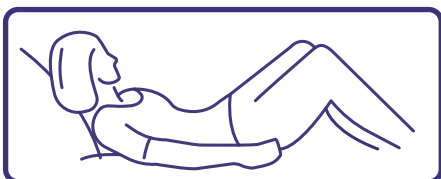


### APPLICATORS ARE NOT THE PREFERRED METHOD IN PREGNANCY

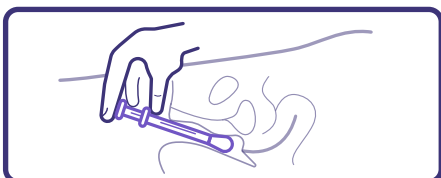


**1.** If necessary, load the pessary into the applicator:

- Pull out the plunger until it stops.
- Remove the pessary from the packaging.
- Place the pessary securely into the open end of the applicator.



**2.** Comfortably position yourself so that you are either squatting or lying down with your knees bent.



**3.** Gently insert the applicator as deeply into your vagina as is comfortable.

**4.** Press down on the plunger with your finger until it stops and then remove the applicator from your vagina.

# FAQs

The following information is general only. For specific information please see the product information or ask your doctor or pharmacist.

## What is a pessary?

A vaginal pessary is a type of medication that is formulated to deliver medicine directly to the vagina. They are designed to dissolve and be absorbed completely, and therefore do not need to be removed after insertion.

## What do they look like?

Pessaries look similar to an average sized capsule or tablet. They are small and are designed so that they can be inserted into the vagina with ease.

## When should it be used?

The best time for inserting a pessary is usually before bedtime, unless instructed otherwise. Some women prefer to wear an underwear liner after inserting a pessary.

## Can I have intercourse after insertion?

Depending on the specific medication you are using, it may be possible to have intercourse after you have used a pessary. If it is safe and you choose to do so, monitor yourself and your partner for signs of adverse effects.

## What happens if some of the medication leaks out?

Pessaries are normally absorbed quickly, however occasionally some of the dissolved substance may leak out of the vagina. This does not necessarily mean that the medication has not been absorbed correctly, so you will likely not need to insert a second pessary.

## What happens if the pessary falls out?

If the pessary is inserted according to the instructions on the previous page, it is unlikely that it will fall out. However, if a partially dissolved or undissolved pessary falls out of your vagina, you may need to insert a new pessary or reinsert if possible.

## Where can I get additional applicators if required?

All pessaries can be inserted using your finger. If you do not have access to an adequate number of applicators, refer to the instructions on how to insert a vaginal pessary using your finger.

## How do I store my pessaries?

Most pessaries are best stored in a cool dry place where the temperature is less than 25°C and kept in their original packaging until you need to use them.

## How would I know if I am experiencing an adverse effect?

Side-effects of pessaries are rare, however if you experience any irritation, discomfort or itchiness in the area that becomes troublesome contact your doctor or pharmacist.

## How do I dispose of unused or expired pessaries?

As with all medications, take any unused or expired pessaries to your local pharmacy, where they can dispose of them safely.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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