A pessary is a device that is placed into the vagina to support the uterus and/or bladder and rectum. The type and size of your pessary has been fit to meet the needs of your problem and the requirements of your anatomy. You should not be aware of the presence of a properly fit pessary in your vagina. If you have sensations of pressure or rubbing with continued wear, or if you notice any unusual vaginal bleeding or spotting, notify the office immediately. It is not unusual to have to change the shape or size of the pessary after the initial fitting or even after continued wear. This is why it is important to keep the appointments the health care provider has scheduled for you.

You may be aware of an increase in vaginal discharge or secretions. We recommend only external cleansing. Do not douche or use vaginal products unless specifically provided by your health care provider.

Caring for your pessary is a skill that is easily learned. Pessaries can be left in place for up to a week, and removed for periodic cleansing. You may have intercourse with your ring pessary in place if this feels comfortable to you. Some women choose to remove the pessary nightly before bed and replace it in the morning. The pessary is made of silicon rubber, an inert substance, that does not absorb odors or secretions. Washing the device in warm water and mild soap or detergent is sufficient for routine care.
**Inserting Your Pessary**

Wash your hands.

The notches inside the open ring and the openings in the ring-with-support pessaries are the flexible points. Grasp the device midway between these points and fold the pessary in half. The curved part should be facing the ceiling (like a taco). Put a small amount of water soluble lubricant (KY Jelly or other brand) on the insertion edge. Hold the folded pessary in one hand and spread the lips of your vagina with the other hand. Gently push the pessary as far back into the vagina as it will go. You can do this squatting, standing with one foot propped on the tub or toilet, or sitting with your feet propped up.

**Inserting The Pessary**
**Removing Your Pessary**

Wash your hands.

Find the rim of the pessary just under the pubic bone at the front of your vagina. Locate the notch or opening and hook your finger under or over the rim. Tilt the pessary slightly, about a 30° angle, and gently pull down and out of the vagina. If you can fold the pessary somewhat, it will ease the removal. Bearing down as if you are having a bowel movement can help push the rim of the pessary forward so you can grasp it more easily.

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**Removing The Pessary**

- Bladder
- Pubic Bone
- Vagina