Pessary in POP

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Outline

• Mechanism of action in POP
• Efficacy in POP
• Pessary fitting and insertion
• Outcome
• Follow up
• Complications
Pelvic support disorders.
(A) Cystocele.
(B) Rectocele.
(C) Enterocele.

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Mechanism of action

Support to the vaginal hernia defect, including anterior, posterior, apical, and combined sites
Efficacy

• Supporting data are limited

• Ring and Gellhorn pessaries in 134 women were effective in approximately 60%

• Pessary use combined with PFMT improves POP symptoms more than PFMT alone
Pessary fitting and insertion

- PESSARY FITTING
- Vaginal introitus size
- Vaginal length
- Prolapse stage
Estimating size of vaginal pessary required

(A) A bimanual examination is performed to judge the distance from the posterior fornix to the posterior pubic symphysis.
(B) The spot where the pubic symphysis rests on the examining hand is mentally marked. Sample pessaries are then held up to the examining hand to estimate the proper pessary size.
Pessary fitting and insertion

- Initial assessment
- Pelvic examination
- Pessary selection (Type, Size)
Pessary fitting and insertion

- Pessary insertion
- Ring pessary
- Gellhorn pessary
- Others
Insertion of the ring vaginal pessary

Courtesy of Milex Products, Inc., Chicago, IL.
Insertion of lever vaginal pessary

Courtesy of Milex Products, Inc., Chicago, IL.
Insertion of the donut vaginal pessary

Courtesy of Milex Products, Inc., Chicago, IL.
Inflatoball vaginal pessary in position

Courtesy of Milex Products, Inc., Chicago, IL.
Milex incontinence vaginal ring

The ball portion of the pessary lies below the urethrovesical junction.

Courtesy of Milex Products, Inc., Chicago, IL.
Pessary fitting and insertion

• Fit check and Valsalva maneuvers
• Use of topical analgesia

4 grams of lidocaine-prilocaine cream applied five minutes before pessary change reduced patient-reported pain
Outcome of pessary fitting trials

• At the first visit, 85 percent of patients were fitted with a pessary
• On average, two to three pessaries were tried
• For patients with prolapse, ring pessaries (sizes 3, 4, 5) were used in 70 to 74 percent, and space-filling pessaries (Gellhorn and donut) were used in 26 to 29 percent
Outcome of pessary fitting trials

- Refitting with a new pessary at the first follow-up visit was necessary in 29 to 40 percent of patients.
- A successful pessary fitting trial was achieved in 63 percent of all patients.
Follow up

- Routine visit
- First visit
- Second visit
- Others
Follow up

• follow-up visit includes the following:
  • Ask about comfort and side effects
  • Pessary cleaning and examination
  • Pessary insertion and teaching
Common complications and treatment

- Vaginal discharge and/or odor
- Vaginal bleeding
- Vaginal erosion
Thanks For your Attention