



### *What to expect when you get a pessary*

If you and your healthcare provider decide on pessary use, you will be examined to determine the right type and size of pessary. Post-menopausal women may be placed on a course of estrogen cream to prep the vaginal tissue prior to insertion.

A few days after the first fitting, you'll need to go back to your healthcare provider's office to have the pessary rechecked. After that, you may be checked periodically. If you experience inadequate relief of symptoms at any time, be sure to report that to your provider.

Your new pessary should be comfortable, secure and provide relief from your symptoms.



*Pessaries are little things that  
can make a big difference!*

Published as a service by:



Manufacturer of:

**EvaCare®**  
Silicone Pessaries

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**EvaCare®**  
Silicone Pessaries  
for Pelvic Support



*Conservative Treatment of  
Prolapse and Urinary Incontinence*

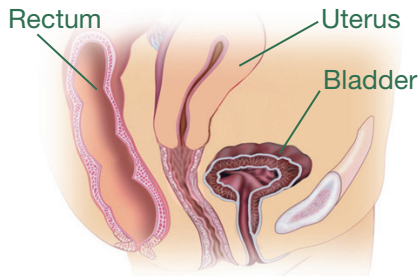


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## Pessaries for Pelvic Support

### For conservative management of prolapse and urinary incontinence

A pessary is a small medical device that is inserted into the vagina to provide pelvic support.



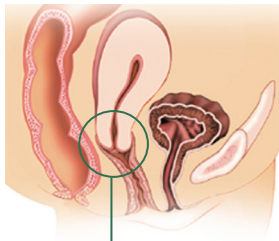
Normal Anatomy

Pessaries are a safe and simple way to manage prolapse (sagging organs) and/or urinary incontinence (urine leakage) caused by prolapse.

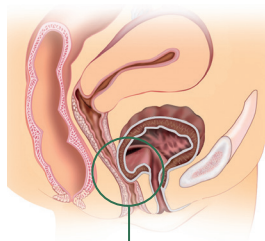
*A well-placed pessary can achieve clinical results comparable to surgery, without comparable risk.*

This brochure shows two of the most common types of pessaries, but there are a number of other types. Your healthcare provider will determine the type and size of pessary you need.

Prolapse occurs when the muscles and ligaments that support the pelvic floor weaken and the vaginal wall thins. The uterus, bladder or rectum drop down and, as a result of gravity, push into the vagina as shown in the illustrations below:



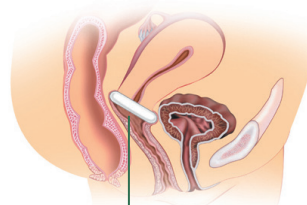
Mild Uterine Prolapse



Mild Bladder Prolapse

## Management of Prolapse

A Ring pessary, either with or without support, is often used for mild prolapse:

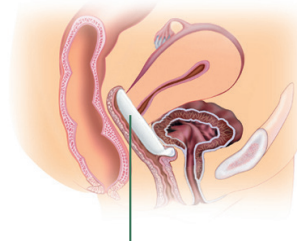


Ring Pessary in Position

## Management of Incontinence

In women with stress incontinence, the pessary exerts pressure on the urethra (urine tube) so you don't leak when you cough, sneeze or laugh. In cases of urge incontinence (strong, sudden need to urinate), the pessary realigns the bladder to its normal position, allowing it to empty better.

A Dish pessary is often used for incontinence as it provides support for the urethra:



Dish Pessary in Position

## Clinician Prescription Form

Must be completed and signed by clinician:

Clinician Name/Title

License No.

Facility

Clinician Address

City

State

Zip Code

Telephone

Patient Name (please print)

Pessary Type and Size: (Please print)

#Refills

Physician Signature

Date

Please ship to: ☐ Patient ☐ Clinician

Payment Required with Order \* Fax 425-497-1045

**Clinician: \*Personal Med is unable to process insurance claims. Payment must be included with order submission**

## Patient Order Form

Pessary Purchase Price \$49.95 + S & H \$10.00 = \$59.95  
WA Residents add Sales Tax

Name (please print)

Address

City

State

Zip Code

Telephone

Method of Payment (Please do not send cash):

☐ Check payable to Personal Med (address on back; allow 14 days)

☐ Money Order/Cashier's Check

☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover

Card Number

Exp. Date

Signature

SecurityCode

**Mail to address on back**