



Silicone Pessaries and Vaginal Weights





Personal Med's mission is to advance the pelvic health of women with incontinence and/or prolapse. We do this by providing best-in-class medical devices supported by a knowledgeable, caring staff.

At Personal Med, we are strong advocates of conservative therapies. They can be very effective, have few risks and do not preclude subsequent clinical options:

- Pessaries are a first-line option for pelvic organ prolapse. A well-placed pessary can achieve clinical results comparable to surgery, without comparable risk. [EvaCare® Pessaries](#) are made of medical-grade silicone (no latex) and come in a variety of types and sizes in order to accommodate different anatomic needs.
- Pelvic muscle exercises are a first-line option for stress urinary incontinence and can even improve prolapse. [EvaCare Vaginal Weights](#) are a simple, inexpensive way to ensure that patients perform pelvic muscle exercises correctly.
- Personal Med also provides devices for clinical biofeedback and stimulation, which are the best documented, most effective conservative treatments for any type of incontinence (stress, urge/OAB, mixed UI or fecal). Please request our [Restore Continence™](#) catalog for more information.

You are welcome to call us for more information. We still answer the phone. Of course, you can also reach us at [info@personalmed.com](mailto:info@personalmed.com), by fax 425.497.1045, or on Facebook or Twitter.

8531 154th Ave NE #150, Redmond WA 98052 USA

T +1 425 242 6373 | 866 839 9260

[personalmed.com](http://personalmed.com)





## SPECIAL VERSION PESSARIES

Not all pessaries are alike...

*Feel the difference*



Personal Med sells 10 or so different types of pessaries, but probably the two most important are the Rings and Dishes:

- Rings are used for milder prolapse (first to second degree) and are by far the most popular kind of pessary.
- Dishes are used when milder prolapse also results in urinary incontinence, which is unfortunately quite common.

Because of their popularity and clinical utility, Personal Med offers a special version (SV) of these two types of pessaries. Our SV pessaries, which are recognizable from their modified Yin symbol, have a different silicone formulation that is softer than other pessaries. Many clinicians and patients report that EvaCare SV pessaries are easier to insert and remove.

Try them and see how you feel.

### SV Ring



Please note that not all standard Ring sizes are available.

Sizes Without Support		Sizes With Support	
R2.25 #2SV	2.25"	R2.25S #2SV	2.25"
R2.50 #3SV	2.50"	R2.50S #3SV	2.50"
R2.75 #4SV	2.75"	R2.75S #4SV	2.75"
R3.00 #5SV	3.00"	R3.00S #5SV	3.00"
R3.25 #6SV	3.25"	R3.25S #6SV	3.25"
R3.50 #7SV	3.50"	R3.50S #7SV	3.50"

### SV Dish



Please note that the SV Dish is only available with support and that sizes differ very slightly from standard Dish pessaries.

Sizes With Support			
DSH51S #0SV	2.00"	DSH76S #5SV	3.00"
DSH57S #1SV	2.25"	DSH82S #6SV	3.25"
DSH63S #3SV	2.50"	DSH89S #8SV	3.50"
DSH70S #4SV	2.75"	DSH95S #9SV	3.75"

## Ring



The Ring pessary, available in ten sizes, both with and without support, is a very common pessary for a first to second degree prolapse. The Ring with Support can also be used on an accompanying cystocele. Insertion is eased with the folding action of the Ring.

Sizes Without Support		Sizes With Support	
R1.75 #0	R3.00 #5	R1.75S #0	R3.00S #5
R2.00 #1	R3.25 #6	R2.00S #1	R3.25S #6
R2.25 #2	R3.50 #7	R2.25S #2	R3.50S #7
R2.50 #3	R3.75 #8	R2.50S #3	R3.75S #8
R2.75 #4	R4.00 #9	R2.75S #4	R4.00S #9

## Ring with Knob



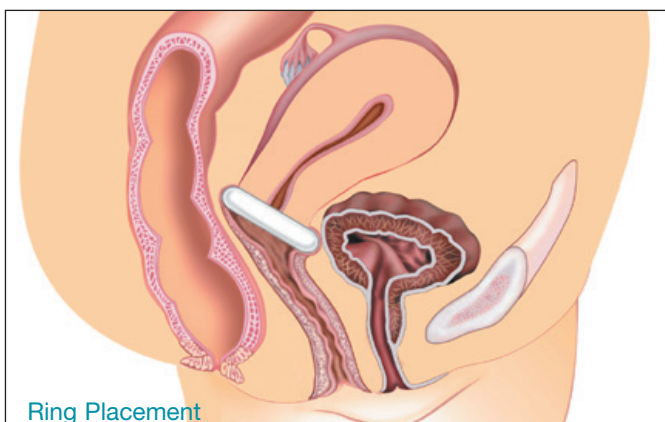
This version of the Ring pessary has a knob that is placed beneath the urethra to increase urethral pressure. This pessary is used for stress urinary incontinence.

Sizes Without Support		Sizes With Support	
RK1.75 #0	RK3.00 #5	RK1.75S #0	RK3.00S #5
RK2.00 #1	RK3.25 #6	RK2.00S #1	RK3.25S #6
RK2.25 #2	RK3.50 #7	RK2.25S #2	RK3.50S #7
RK2.50 #3		RK2.50S #3	
RK2.75 #4		RK2.75S #4	

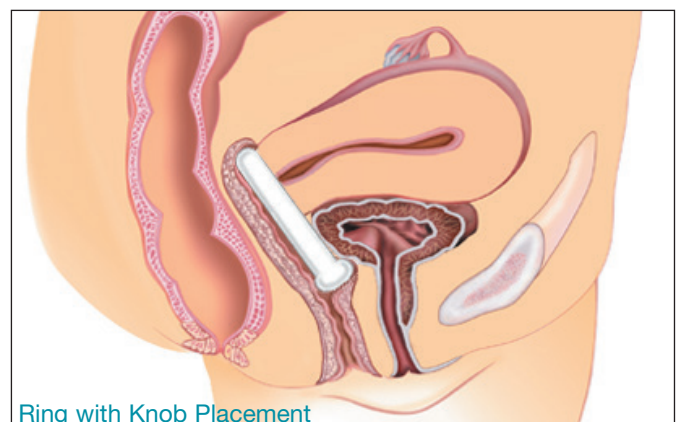
*“Not only does the EvaCare Ring pessary support a mild uterine prolapse and a cystocele, but it can also be helpful when used as a diagnostic device during urodynamic testing. The Ring can help to show what effect surgery may have as well as what type of surgery will be most beneficial for the patient. The pessary can act as a surgical facsimile predicting the need for anti-incontinence surgery.”*

-David Chaikin, M.D.

Morristown Urology Northeastern Urological Associates



Ring Placement



Ring with Knob Placement

## Dish



The Incontinence Dish is used to relieve stress incontinence and minor degrees of prolapse. The Incontinence Dish comes with and without support. It is available in eight different sizes.

### Sizes Without Support

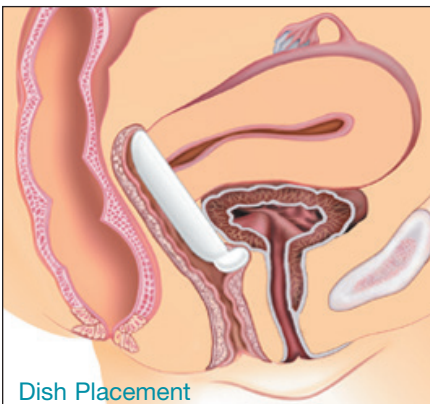
DSH50 #0	DSH70 #4
DSH55 #1	DSH75 #5
DSH60 #2	DSH80 #6
DSH65 #3	DSH85 #7

### Sizes With Support

DSH50S #0	DSH70S #4
DSH55S #1	DSH75S #5
DSH60S #2	DSH80S #6
DSH65S #3	DSH85S #7

*"The Incontinence Dish is designed to provide bladder neck support as well as to support a cystocele. It is easy to fit, stays in place and some patients have actually left the office dry!"*

-Diane A. Smith, RN, MSN, CRNP  
Northeastern Urological Associates



Dish Placement

## Gellhorn



The Gellhorn pessary is used for a second to third degree prolapse, or procidentia. It has drainage holes in its base and comes in ten sizes. The knob of the Gellhorn easily folds over for insertion, and once in place rests on the posterior vaginal wall. Two versions of the Gellhorn are available, long and short stem.

### Long Stem Sizes

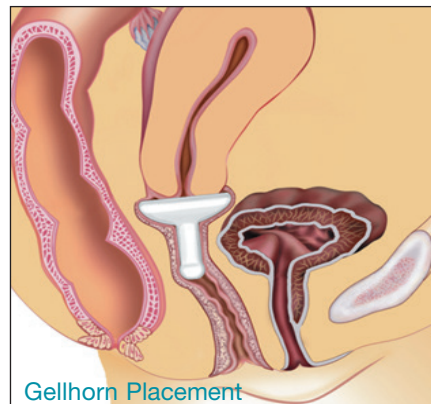
G1.50D #0	G2.75D #5
G1.75D #1	G3.00D #6
G2.00D #2	G3.25D #7
G2.25D #3	G3.50D #8
G2.50D #4	G3.75D #9

### Short Stem Sizes

G1.50SHD #0	G2.75SHD #5
G1.75SHD #1	G3.00SHD #6
G2.00SHD #2	G3.25SHD #7
G2.25SHD #3	G3.50SHD #8
G2.50SHD #4	G3.75SHD #9

*"The Gellhorn pessary is my first choice for women with more advanced pelvic organ prolapse. It is easy to insert and remove, and allows for self-care. This device is also less likely to be expelled."*

-Penny Jenkins RNC, BSN, WHCN  
Colorado Gynecology & Continence Ctr.



Gellhorn Placement

## Cube



The Cube pessary is designed for third degree prolapse, including procidentia, as well as a cystocele and rectocele. The Cube pessary is available both with and without drainage holes and has a silicone tie to aid in removal. The Cube pessary is available in eleven sizes.

### Sizes with Drainage Holes

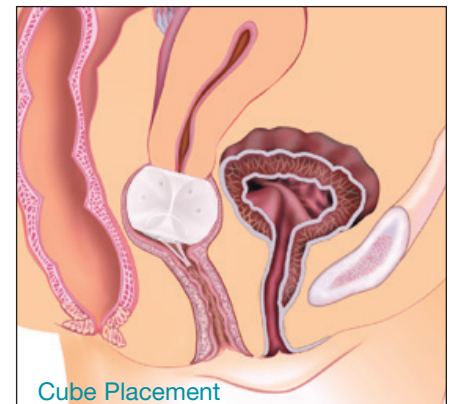
CU25D #0	CU50D #6
CU29D #1	CU56D #7
CU33D #2	CU63D #8
CU37D #3	CU70D #9
CU41D #4	CU75D #10
CU45D #5	

### Sizes without Drainage Holes

CU25 #0	CU50 #6
CU29 #1	CU56 #7
CU33 #2	CU63 #8
CU37 #3	CU70 #9
CU41 #4	CU75 #10
CU45 #5	

*"A Cube pessary may be used in women with either a very small or a large introitus due to its malleability. It is a very versatile pessary, but it should be used cautiously."*

-G. Willy Davila, M.D., FACOG  
Cleveland Clinic Florida



Cube Placement



## Donut

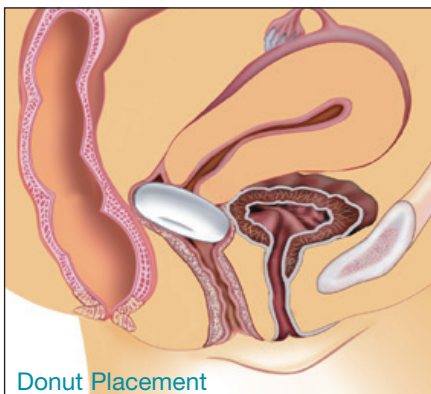


The Donut pessary is designed for third degree prolapse as well as cystocele and rectocele. The soft donut can be compressed for insertion. It is available in eight sizes.

Available Sizes			
D2.00	#0	D3.00	#4
D2.25	#1	D3.25	#5
D2.50	#2	D3.50	#6
D2.75	#3	D3.75	#7

*"I often use the Donut pessary on my patients with severe prolapse who are not immediately appropriate for surgery. It works well in a vaginal vault with little or no support, the type commonly found in older, post-menopausal women."*

-G. Willy Davila, MD, FACOG  
Cleveland Clinic Florida



Donut Placement

## Oval

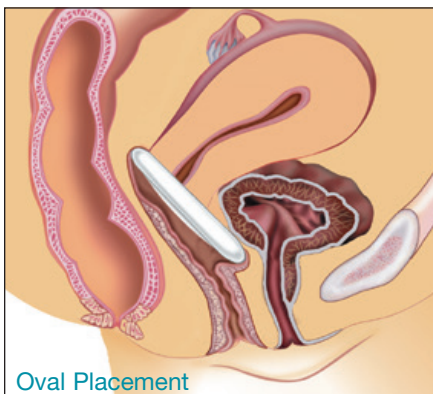


The Oval pessary performs the same function as the Ring pessary but it is designed specifically to fit a narrow vaginal vault. It is available in nine sizes, all with support, and is used for a first to second degree prolapse as well as an accompanying cystocele.

Sizes with Support			
OV2.00S	#1	OV3.25S	#6
OV2.25S	#2	OV3.50S	#7
OV2.50S	#3	OV3.75S	#8
OV2.75S	#4	OV4.00S	#9
OV3.00S	#5		

*"The Oval pessary works extremely well in women with a prior history of vaginal surgery, resulting in scarring and in some cases, palpable sutures from anterior repair or bladder suspension procedures. Where a round pessary is too wide, the Oval pessary fits well and is comfortable and effective."*

-Rita Martel, RN, ANP  
Univ. of Colorado Health Science Ctr.



Oval Placement

## Shaatz

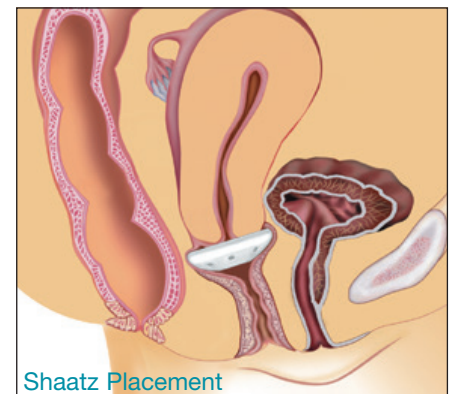


The Shaatz pessary, available in nine sizes, is used for second to third degree prolapse and an accompanying cystocele.

Available Sizes			
SH1.50	#0	SH2.75	#5
SH1.75	#1	SH3.00	#6
SH2.00	#2	SH3.25	#7
SH2.25	#3	SH3.50	#8
SH2.50	#4		

*"The Shaatz pessary is versatile because it will help alleviate symptoms from uterine prolapse and cystocele. The convexity of its shape provides a snug fit. Additionally the design with the drainage ports allows easier removal by the patient who is dexterous enough to maintain her own pessary."*

-Charlotte Kelley, GNP, ARNP  
Des Moines, IA



Shaatz Placement

## Mar-Land



The Mar-Land is used for stress incontinence and minor prolapse. It is available both with and without support in seven different sizes.

### Sizes Without Support

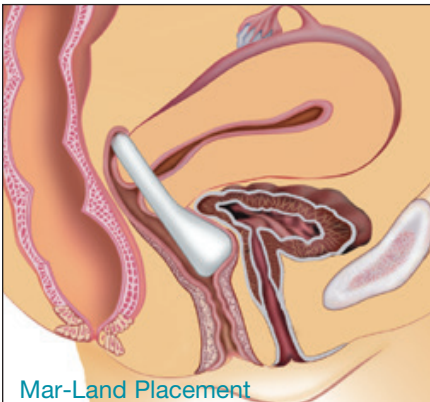
M2.25 #2	M3.25 #6
M2.50 #3	M3.50 #7
M2.75 #4	M3.75 #8
M3.00 #5	

### Sizes With Support

M2.25S #2	M3.25S #6
M2.50S #3	M3.50S #7
M2.75S #4	M3.75S #8
M3.00S #5	

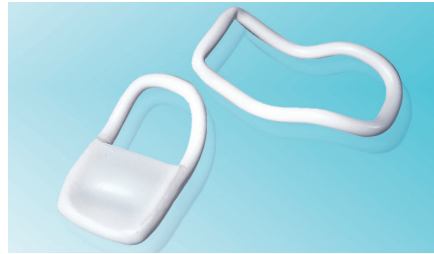
*“The Mar-Land pessary offers excellent support for moderate to extensive cystocele, as well as providing support for the bladder neck in managing stress incontinence.”*

-Rita Martel, RN, ANP  
Univ. of Colorado Health Science Cntr.



Mar-Land Placement

## Hodge



The Hodge folding pessary has wires that allow it to be manually shaped for different anatomies. It can be used for a first to second degree prolapse, cystocele, stress incontinence and an incompetent cervix or uterine retroversion. It is available in ten sizes both with and without support. Because of the shapable wires, the Hodge pessary must be removed during x-ray, ultrasound and MRI.

### Sizes Without Support

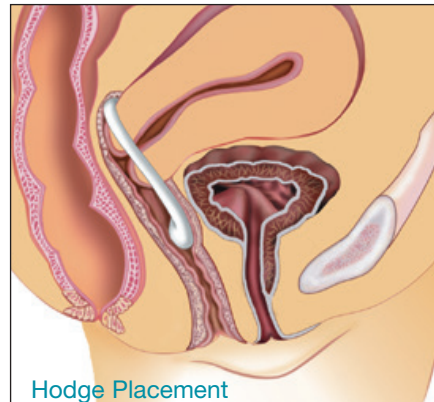
HD65 #0	HD90 #5
HD70 #1	HD95 #6
HD75 #2	HD100 #7
HD80 #3	HD105 #8
HD85 #4	HD110 #9

### Sizes With Support

HD65S #0	HD90S #5
HD70S #1	HD95S #6
HD75S #2	HD100S #7
HD80S #3	HD105S #8
HD85S #4	HD110S #9

*“Consider a Hodge pessary for a young, reproductive age woman with stress incontinence, who prefers conservative therapy.”*

-G. Willy Davila, M.D., FACOG  
Cleveland Clinic Florida



Hodge Placement

## Gehring



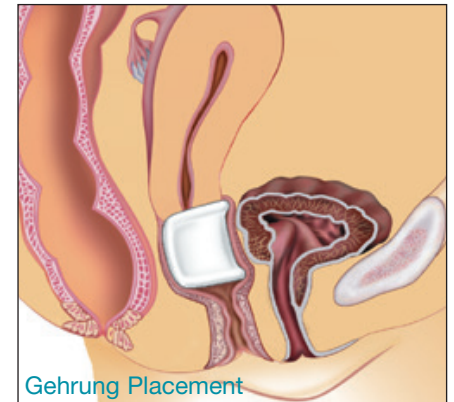
The Gehring pessary has wires that allow it to be manually shaped for different anatomies. It is used to support both cystoceles and rectoceles as well as second to third degree uterine prolapse. It is available in ten sizes. Because of the shapable wires, the Gehring pessary must be removed during x-rays, ultrasounds and MRIs.

### Sizes With Support

GH50S #0	GH75S #5
GH55S #1	GH80S #6
GH60S #2	GH85S #7
GH65S #3	GH90S #8
GH70S #4	GH95S #9

*“The Gehring pessary’s flexibility and adaptability makes it an excellent choice for support of significant cystocele and rectocele, especially in cases of associated procidentia.”*

-Mary C. Dupont, MD, FACS  
Bethesda, MD



Gehring Placement

## Pessary Care Guidelines

All EvaCare Pessaries fold or compress to ease insertion and removal. Fitting instructions for each style of pessary are included in the pessary package and should be followed.

The most appropriate type and size of pessary for an individual patient should be determined based primarily on physical findings, but also on patient preference, i.e. ease of self-insertion/ removal, ability to have vaginal intercourse, etc. The EvaCare Fitting Kit (below) can aid in selecting the proper pessary size. A properly fit pessary should be large enough to perform its designed function but not cause any undue pressure or discomfort. The clinician should be able to insert a finger between the outer rim of a properly fitted pessary and the vaginal wall.

For post-menopausal women and those with vaginal atrophy, consider use of a vaginal moisturizer or estrogen cream (if not contraindicated) prior to initial pessary insertion. Pessaries are contraindicated in patients who have acute genital tract infections, pelvic infections or are non-compliant.

Patients should be instructed on pessary insertion and removal, as well as cleaning procedures as outlined in the package insert. Patients should be instructed to report any discomfort immediately and regular follow-up visits should be scheduled.

Pessaries can be disinfected by any of the following procedures:

1. Autoclave at 15 lbs. of pressure at 250°F / 121°C for a period of 10 minutes.  
DONUT PESSARIES CANNOT BE AUTOCLAVED
2. Boil for 15 minutes.
3. Cold Sterilize with Cidex or Chlorophenyl, then thoroughly rinse with water.



## EvaCare Fitting Kit

The EvaCare Fitting Kit is a set of six ring pessaries in different sizes. Following a normal pelvic examination to determine the most appropriate type and size of pessary for an individual patient, the Fitting Kit can aid in selecting the proper pessary size. It comes with a cross-reference chart that translates ring size into the corresponding size of other pessary types.



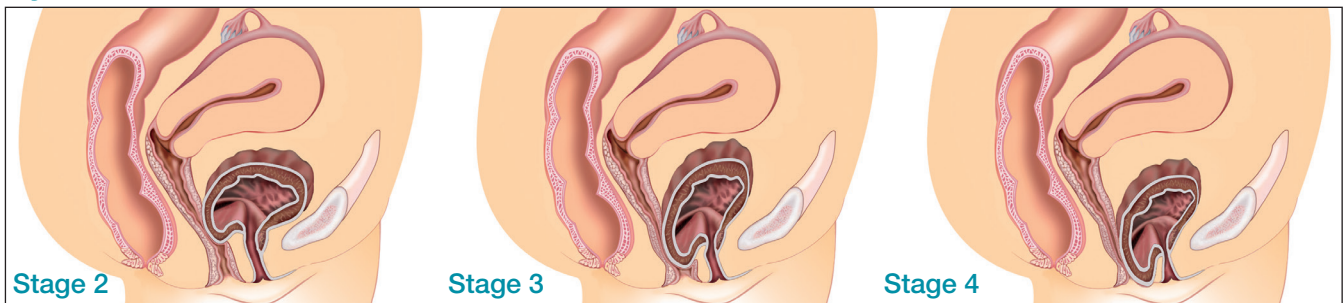


# General Guidelines for Pessary Selection

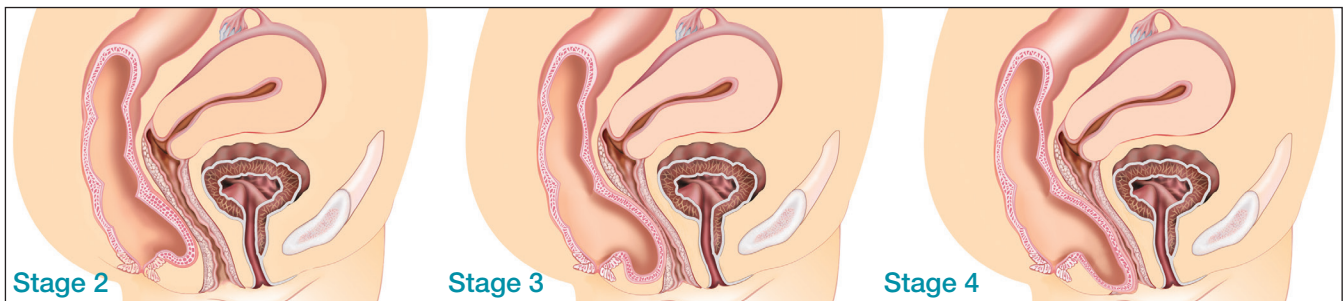
Pessary Type	Prolapse		Cystocele	Rectocele	Stress Incontinence	Retro Displacement	Incompetent Cervix	Coitus with Pessary In
	1 <sup>st</sup> -2 <sup>nd</sup> Degree	2 <sup>nd</sup> -3 <sup>rd</sup> Degree						
Ring	■		■					Yes
Oval	■		■					Yes
Shatz		■	■					Yes
Dish		■	■		■			Yes
Mar-Land		■	■		■			Yes
Gellhorn		■	■	■				No
Donut		■	■	■				No
Cube		■	■	■				No
Gehrung		■	■	■				Yes
Hodge	■		■		■	■	■	Yes

## Degrees of Prolapse

### Cystocele



### Rectocele



### Uterine Prolapse





## For Better Pelvic Muscle Exercises



EvaCare Vaginal Weights are an OTC product.

Pelvic muscle exercises (commonly known as Kegels), are a first line treatment for stress urinary incontinence and can even improve prolapse.

Clinical studies have shown that many women who do PME's on the basis of verbal instruction alone may wrongly recruit their abdominal muscles, which is counter-productive. EvaCare Vaginal Weights act as a sensory aid that helps identify the correct muscles and provides a structured, easy to follow exercise program with an objective measure of progress (increasing weight). This helps sustain motivation, increasing compliance and improving outcomes.

EvaCare Vaginal Weights are made in the USA in Personal Med's FDA registered facility with medical grade components (no lead), so your patients can feel good about what they are putting in their bodies.



# More Products from Personal Med

... Including One for Men



## Biofeedback and Stimulation

Personal Med offers a complete line of biofeedback and stimulation products for incontinence treatments, including:

- **Aware2™ Dual EMG Biofeedback**  
Urinary control begins with “Aware-ness.” The Aware2 system includes everything you need for biofeedback treatments of incontinence, including a Windows laptop with our easy to use, clinically sound software app installed.
- **InWave™ Pelvic Stimulator**  
The InWave is a clinical grade stimulator that can also be used for patient home training due to its simple operation and built in safety features.
- **Sensors and Electrodes**  
Personal Med offers a variety of sensors (electrode assemblies for internal use), including SenseRx™ Vaginal and Anal Sensors, as well as surface electrodes for EMG and stimulation. Sensors and electrodes are always in stock and ready to ship.

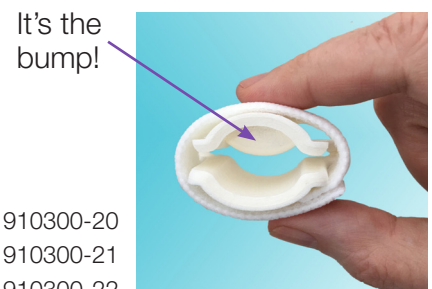
Please request our **Restore Continence™** catalog for more information.

## Regain®

PROTECTION FOR MEN

The Regain is a flexible penile clamp that protects against urine leakage in cases of mild to moderate incontinence. Most penile clamps are rigid. As a result, they can restrict blood flow to the penis and are more easily noticed under clothes. The Regain conforms to the body and only puts pressure where it is needed.

The Regain is made of a soft foam that’s held in place with an adjustable Velcro strap. There’s a bump in the foam that puts gentle pressure on the urethra. Compressing the urethra is the key to stopping urine leakage. Because this bump is only over the urethra, the Regain doesn’t block blood flow to the penis, and that’s the key to its comfort and its safety.



Three sizes:

Regular P/N 910300-20

Large P/N 910300-21

Small P/N 910300-22





## Silicone Pessaries and Vaginal Weights



Ring



Ring with Knob



Gellhorn



Donut



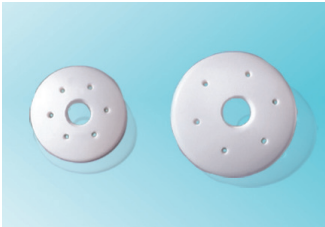
Dish



Cube



Oval



Shaatz



Mar-Land



Hodge



Gerh rung



Vaginal Weights



8531 154th Ave NE #150  
Redmond WA 98052  
+1 425 242 6373 • 866 839 9260  
+1 425 497 1045 Fax  
personalmed.com