



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Vaginal Pessary for Prolapse

Information for patients, relatives and carers

① For more information, please contact:  
**Obstetrics and Gynaecology**

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① For more information, please contact us via one of the numbers provided in Useful Contacts Details, page 9



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In this leaflet we try to answer common questions about the use of a Vaginal Pessary for treating vaginal prolapse symptoms.

Remember that everyone is different, and you are encouraged to ask your own questions of the doctors and nurses.

## **What is a vaginal prolapse?**

Vaginal Prolapse is a common condition in women. This is when the walls of the vagina weaken and collapse inwards. It usually occurs when the pelvic floor collapses as a result of childbirth. It can cause symptoms such as a sensation of a vaginal lump, difficulty emptying the bowel or bladder or problems with sexual intercourse.

A prolapse is treated according to the symptoms. If your vaginal prolapse is causing problems or discomfort for you, it will be treated accordingly.

## **What is a vaginal pessary?**

One of the most common ways to treat vaginal prolapse is through the use of a Vaginal Pessary. Vaginal Pessaries are soft or rigid plastic devices which sit in the vagina. They support the vaginal tissues and help them back into their correct position.

Pessaries have been used for hundreds of years and many women find them to be a good option for controlling their vaginal prolapse symptoms.

## **How is the pessary inserted?**

The pessary is easy to insert and can be fitted during a routine vaginal examination. Your doctor can insert the pessary at your visit to the outpatient department. No anaesthetic is required.

Sometimes a number of sizes or different types of pessary may be tried in order to find the right one for you.

A fitted vaginal pessary should be comfortable. If it is working well, you may not even notice it at all. However, it is possible for pessaries to sometimes slip and become uncomfortable or to fall out completely. If this occurs, you may dispose of the pessary and contact your GP or the hospital for an appointment to discuss your options.

## **Are there any risks?**

The insertion and use of a vaginal pessary usually causes very few problems. Most women find them a very acceptable method of treating their vaginal prolapse.

You may notice a vaginal discharge after your pessary is inserted.

Very rarely the pessary may scratch and graze (erode) the soft tissue in the vagina. This can cause some spotting of blood. Please tell your doctor if you notice any unusual bleeding.

There is no risk of the pessary being lost inside the vagina. However, it may be difficult to remove if it is not changed regularly. It is important that you see your doctor every four to six months so that they can check your vagina's condition and to change your pessary.

Your doctor may ask you to use some oestrogen cream in your vagina. This will keep your vagina healthy while the pessary is in place.

Occasionally you may notice that you leak urine more when coughing, sneezing or exercising while you are wearing your pessary. You can contact your GP or hospital doctor and ask to have the pessary removed if it is too uncomfortable or if there is an unacceptable amount of urine leakage.

# What else do I need to know?

If you have agreed to have a vaginal pessary fitted, your doctor will tell you the type and size of the pessary that you are wearing. They are also there to do their best to answer any questions that you might have so do not be afraid to ask.

# Does vagina pessary affect sex?

Most vagina pessaries do not interfere with sex. However, some do. Your doctor will discuss this in more detail.

# Which vaginal pessary am I wearing?

Your doctor should write the name and size of your pessary in the space below.

Type of vaginal pessary: \_\_\_\_\_

Size of vaginal pessary: \_\_\_\_\_

Other information: \_\_\_\_\_

\_\_\_\_\_

Remember that you will need to see your doctor every four to six months to have your pessary changed.

## **What alternatives are there to having a vaginal pessary?**

Other therapies for vaginal prolapse such as physiotherapy and surgery will be discussed with you together with the option of no treatment.



## **Useful contact details**

### **Gynaecology secretary telephone numbers – York**

Miss Dean, Miss Oxby, Miss Fahel, and Mrs Hayden:	01904 721682
Mr Adekanmi, Mr Dwyer, Miss S Ghosh, Miss Nallendran:	01904 725549
Mr Evans, Miss Sanaullah and Dr E Falconer:	01904 726553
Mr Brewer and Mr Broadhead:	01904 725545
Miss Tang, Miss Merrick	01904 725111
Waiting List Office:	01904 725132
Sexual Health Clinic York:	01904 721111

### **Gynaecology secretary telephone numbers - Scarborough**

Mrs Ramaswamy:	01723 342083
Mr Ajayi, Mr Freites and Mr Patel:	01723 385248
Miss Verma and Mr Ahmidat:	01723 342515
Miss Hayes, Miss Baquer:	01723 385047
SR Cheryl Midgely:	01723 385290
Waiting List Clerk:	01723 342249

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr O A Adekanmi, Consultant Gynaecologist and Obstetrician, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725549 or

Mr O A Ajayi, Consultant Gynaecologist and Obstetrician, Scarborough General Hospital, Woodlands Drive, Scarborough, YO12 6QL, telephone 01723 385248.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.



# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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Owner	Mr O A Adekanmi, Consultant Gynaecologist and Obstetrician
Date first issued	Mr O A Ajayi, Consultant Gynaecologist and Obstetrician
Review Date	November 2026
Version	6 (issued November 2023)
Approved by	Gynaecology and Obstetrics CGG
Document Reference	PIL 535 v6
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