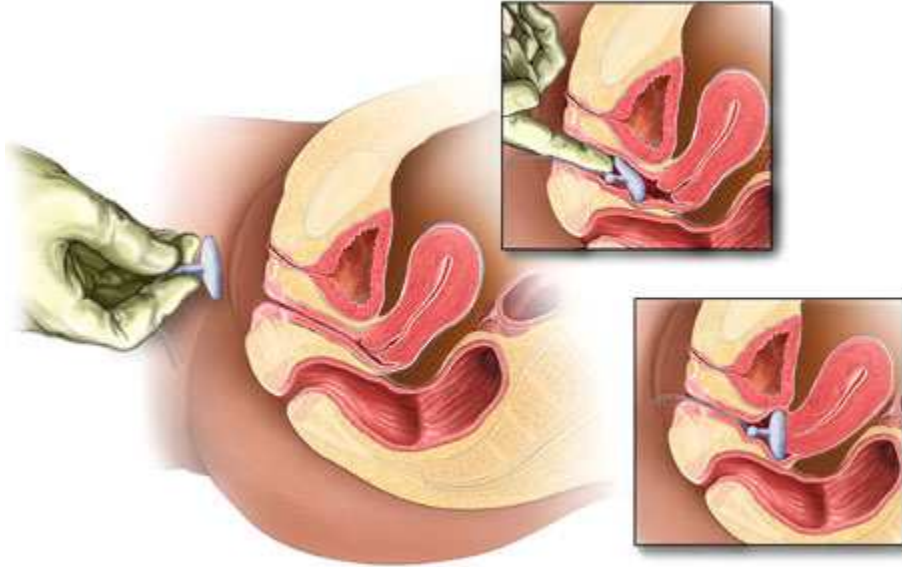


How to Insert a Pessary



1. Inserting the Pessary:

- Wash your hands.
- The notches inside the open ring and the openings in the ring-with-support 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 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.
- See diagrams

2. Removing the 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-degree 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.

Please contact the office at 516.627.6188 if any of the following occur:

- *Vaginal discharge, itching, foul odor, or pain.*
- *Difficulty with voiding, emptying your bladder, or moving your bowels.*
- *Back pain.*