

Your Ring Pessary – Care Instructions

Please keep this sheet. Read it fully and bring it to every follow-up visit.

A ring pessary is a soft, flexible silicone ring placed in the vagina to support the womb, bladder or back passage when they have slipped down (prolapse), and to ease heaviness or a bulge. It is safe to keep in long-term as long as you remove, clean and check it regularly.

1 About your pessary

Type: **Ring pessary** • Size fitted: [size] • Fitted on: [date]

It holds the prolapse in place so you feel more comfortable. It does **not** cure the prolapse – it manages it, and you can stop using it whenever you choose. **You will look after it yourself at home**, as shown below.

2 Looking after it yourself

How often to take it out

Remove, clean and reinsert it [e.g. once or twice a week, or every night]. Many women find a weekly routine easiest. Always wash your hands before and after.

Removing it

1. Wash your hands well with soap and water.
2. Get comfortable – squatting, standing with one foot on the toilet seat, or lying down with knees bent.
3. Bear down gently (as if passing stool). Hook one clean finger under the rim, tilt it slightly, and ease it out slowly. There is no rush – take your time.

Cleaning it

- Wash the ring with mild soap and warm water. Rinse well and pat or air dry.
- Do **not** boil it, microwave it, or use Dettol or strong antiseptics – these damage the silicone.
- Look it over for cracks or rough spots. If it looks damaged or discoloured, stop using it and contact your doctor.

Putting it back in

- Empty your bladder first, then wash your hands.
- Apply a little **water-based** lubricant to the leading edge if needed.
- Squeeze the ring into an oval (fold it in half), then guide it gently upward and backward into the vagina. Let it open out, and tuck the front edge up behind the pubic bone.
- It is in correctly when you **cannot feel it**, it does not slip when you stand or strain, and you can still pass urine comfortably.

3 Vaginal hormone cream / tablets

If prescribed, use it exactly as directed: [name & schedule, e.g. estriol cream 2×/week]

Local vaginal oestrogen keeps the tissue healthy and stretchy and greatly reduces irritation, discharge, and the risk of the ring rubbing a sore. This matters most after menopause. Do not stop it without telling us.

4 Living normally with your pessary

- **Toilet:** You can pass urine and stool normally — the ring stays in. Avoid constipation: plenty of water, fibre, and treat hard stools early.
- **Washing:** Bathing and showering are fine. Wash the outside with water only; do not douche.
- **Activity & exercise:** Walking, work and most exercise are fine. Tell us if heavy lifting pushes the ring down.
- **Sex:** A ring pessary can usually stay in during intercourse. If it feels uncomfortable for you or your partner, remove it beforehand (as in Section 2) and reinsert it afterwards.
- **Periods:** Use sanitary pads rather than tampons while the ring is in.

5 When to contact us – do not wait

⚠ Contact your doctor or come in if you have any of these:

- Any **vaginal bleeding or spotting**
- **Foul-smelling, heavy or unusual discharge**
- **Pain, pressure or a raw/sore feeling** inside
- You **cannot pass urine**, or cannot empty your bladder or bowels properly
- The ring **keeps falling out**, or you can feel it pressing or sitting low
- You **cannot get the ring out**, or cannot get it back in

Never leave the ring in for months without removing and checking it. A forgotten pessary is the main cause of serious problems. If you ever fall out of your routine, contact your doctor — do not just leave it in.