

## Directions for Use

- Please read and follow the directions for use.
- Application requires competent medical staff
- Maximum uninterrupted period of application without medical control is 29 days
- The same patient may use the product numerous times
- Tolerance and proper positioning of the pessary are to be ensured by ultrasound and / or questioning the patient
- The product surface should be checked for damage and cleanness prior to every application. Once surface changes are noticed, the pessary must be replaced by a new one
- The pessary should be cleaned mechanically using lukewarm water and soap solution after each use
- Maximum period of use: 2 to 3 cycles of maximal 29 days
- Cycles of application are to be documented by the doctor

## Complementary products

- Ladysoft Lubricating Gel if eases using the pessary
- Femsoft Intimate Cleaning Lotion gentle cleaning of the intimate area
- Femsoft Intimate Care Creme maintains and protects the intimate area

## Cerclage Pessary



- 32 - 65 - 17 mm diameter MED1000084
- 32 - 65 - 21 mm diameter MED1000050
- 32 - 65 - 25 mm diameter MED1000086
- 32 - 70 - 17 mm diameter MED1000087
- 32 - 70 - 21 mm diameter MED1000088
- 32 - 70 - 25 mm diameter MED1000089
- 35 - 65 - 17 mm diameter MED1000090
- 35 - 65 - 21 mm diameter MED1000091
- 35 - 65 - 25 mm diameter MED1000092
- 35 - 65 - 30 mm diameter MED1000093
- 35 - 70 - 17 mm diameter MED1000094
- 35 - 70 - 21 mm diameter MED1000095
- 35 - 70 - 25 mm diameter MED1000096

Please write to us if you have any further questions regarding application or if you would like to let us know about your experiences

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## Cerclage Pessary

Directions for use

### Pack Contents

Cerclage Pessary  
Directions for Use Pessary  
Ladysoft Lubricant Gel  
Directions for Use Ladysoft

**CE** 0483

Made in Germany

**M E D E S I G N**  
Dietramszell · Dubai · München

## What is the purpose of cerclage pessary treatment?

Cerclage pessaries are generally used to relieve the cervix during pregnancy. This can help to prevent a risk of premature birth. Cerclage pessaries are therefore used if you have a shortened or open cervix. The use of a cerclage pessary is also advisable if:

- You have already had a premature birth not caused by an infection
- You have had a multiple pregnancy
- You are exposed to increased physical strain (e.g. due to long periods of standing)
- Your uterus has moved downwards significantly (painful downward pressure on exposure to physical strain).

## What is the effect of a cerclage pessary?

A cerclage pessary provides relatively high up support for the cervix and/or shifts it towards the sacrum, but without closing it. This provides optimal pressure relief.

medesign cerclage pessaries are made of flexible and tissue friendly silicone especially developed for medical use. The highly elastic pessaries can be inserted while folded (with the aid of a lubricant gel such as Ladysoft advisable) without any pain at all. You will not even feel a correctly positioned pessary.

## What is the normal procedure of cerclage pessary treatment?

Cerclage pessary treatment should be started between the 15th and 20th week of pregnancy. Optimal treatment and full comfort are dependant on the selection of the right size. medesign cerclage

pessaries are available in different sizes. Your gynaecologist will determine the right size for you by measurement.

He/She will first find out whether the cervix is open or altogether shortened, by means of a vaginal ultrasound scan (recorded while lying down or standing up). The gynaecologist will furthermore check for any infection.

The right size pessary will then be fitted with the curvature upwards (convex). This allows the larger diameter to support the cervix by resting on the sacrum (?) and/or the pelvic floor muscles. The pessary is positioned with the cervix inside the upper ring diameter. A slight swelling (edema development) of the neck of the uterus may be a desired effect. Any complaints associated with a prolapse disappear as soon as the pessary is fitted. An optimal supporting effect cannot be achieved if the cerclage pessary is fitted with the curvature downwards (concave).

The gynaecologist will make sure that the pessary does not enclose the cervix too tightly during further examinations. A pessary that has been fitted to counteract complaints associated with a prolapse can remain in place until delivery if it causes no discomfort. If the pessary was fitted to prevent a risk of premature birth, then it will be removed in the 37th week of pregnancy. Control and change of the pessary should only be carried out by competent medical staff.

When changing the pessary, it should be cleaned with warm water and a mild cleansing lotion such as femsoft and then rinsed with clear water. Disinfection is generally not necessary. Your gynaecologist will check your vaginal pH value regularly (every one to two weeks) during the cerclage pessary treatment.

## What can I do about increased discharge?

Slightly increased discharge commonly accompanies treatment with cerclage pessaries. This can be avoided or reduced by proper feminine hygiene.

You may for instance use a cleansing liquid specifically for feminine hygiene such as femsoft, to achieve pleasant and effective hygiene. This cleansing liquid specially developed on a basis of whey and stinging nettle, has a low pH value (3.8 to 4).

Your doctor should clean the pessary every two weeks if you experience profuse discharge.

## Cerclage Pessary Sizes

Cerclage pessaries are characterised by the outer diameter (65 or 70 mm), the height of curvature (17, 21, 25 or 30 mm) and the inside diameter (32 or 35 mm).

A height of 17 or 25 mm is generally adequate for single baby pregnancies. A model with greater curvature height (25 or 30 mm) is recommended for the early weeks of pregnancy and / or complaints associated with a prolapse as well as for multiple pregnancies.