

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

Cube Pessary – Normal Design



| | | | |
|----------|-------|-------------|------------|
| • Size 0 | 25 mm | edge length | MED1000078 |
| • Size 1 | 29 mm | edge length | MED1000079 |
| • Size 2 | 32 mm | edge length | MED1000080 |
| • Size 3 | 37 mm | edge length | MED1000081 |
| • Size 4 | 41 mm | edge length | MED1000082 |
| • Size 5 | 45 mm | edge length | MED1000083 |

Cube Pessary RV with Perforation



| | | | |
|----------|-------|-------------|------------|
| • Size 0 | 25 mm | edge length | MED1000645 |
| • Size 1 | 29 mm | edge length | MED1000644 |
| • Size 2 | 32 mm | edge length | MED1000643 |
| • Size 3 | 37 mm | edge length | MED1000642 |
| • Size 4 | 41 mm | edge length | MED1000641 |
| • Size 5 | 45 mm | edge length | MED1000640 |
| • Size 6 | 55 mm | edge length | MED1000949 |
| • Size 7 | 65 mm | edge length | MED1000950 |
| • Size 8 | 70 mm | edge length | MED1000951 |
| • Size 9 | 75 mm | edge length | MED1001177 |

Tandem Cube Pessary RV with Perforation

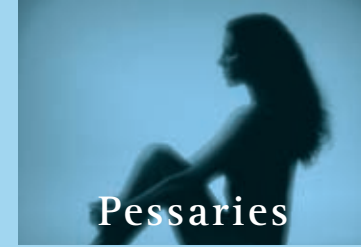


| | | | |
|--------------|----------|-------------|------------|
| • Size 1 - 0 | 29/25 mm | edge length | MED1001071 |
| • Size 2 - 1 | 32/29 mm | edge length | MED1001070 |
| • Size 3 - 2 | 37/32 mm | edge length | MED1001069 |
| • Size 4 - 3 | 41/37 mm | edge length | MED1001068 |
| • Size 5 - 4 | 45/41 mm | edge length | MED1001067 |
| • Size 6 - 5 | 55/45 mm | edge length | MED1001094 |

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Pessaries

Cube Pessary

Directions for Use

Pack Contents

Cube Pessary
Directions for Use Pessary
Ladysoft Lubricant Gel
Directions for Use Ladysoft

CE 0483

Made in Germany

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What is the purpose of pessary treatment?

Cube pessaries are used for treating certain forms of incontinence (involuntary discharge of urine) and complaints arising as a result of a downward displacement of the vagina, uterus, bladder or intestine. Reasons for such prolapses include for example hereditary connective tissue weakness, post-menopausal hormone deficiency or pregnancies and deliveries. Improvement is often achieved by pessary treatment – supported by pelvic floor exercises and creams containing oestrogen, if necessary – to an extent allowing a change to a smaller pessary or even making the pessary unnecessary altogether.

Cube pessaries are suitable for making scarred tissue more flexible after operations, for treating vaginal constrictions and for tissue preparation prior to scheduled operations.

What is the effect of a cube pessary?

The concave surfaces of a cube pessary attach themselves to the vaginal wall by suction, with the edges of the cube supporting the tissue. This counteracts a prolapse or downward displacement of vagina, uterus, bladder and intestine.

Which pessary is the right one for me?

medesign cube pessaries are available in different sizes (0, 1, 2, 3, 4, 5, 6 etc.). Selection of the right size is conditional for optimal treatment and complete relief from complaints. Your doctor will determine the right size for you by measurement. The pessary should be chosen such that it adheres securely to the vaginal vault even during coughing and pressing action. After several weeks or months, the doctor will decide whether a change to a smaller pessary size is advisable.

All cube pessaries are also available with perforations. Perforated cube pessaries cannot attach themselves as tightly by suction and can

therefore be removed more easily. Vaginal secretions can also be discharged more efficiently.

A tandem pessary is available for treating extreme cases of vaginal or uterine prolapse. This consists of two coupled cubes. The lower cube supports the urethra while the upper cube ensures correct positioning of the pessary. The tandem pessary is also available in various sizes (6-5, 5-4, 4-3, 3-2, 2-1, 1-0) and always has perforations.

medesign pessaries are made of tissue friendly silicone especially developed for medical use. The pessaries can be easily fitted and removed by the user. An individual pessary should be used for each woman.

How do I fit a cube pessary?

You should insert the cube into the vagina in the morning and remove it in the evening. This allows the sensitive vaginal tissue to recover overnight. The pessary can also remain in place overnight in special cases, or possibly be replaced by a smaller cube at night. Please follow the instructions given by your doctor regarding this matter.

You should wash your hands before starting to fit the pessary. Utilisation of a lubricating agent such as Ladysoft, has proved to be very helpful for making insertion easier. You can also use the oestrogen-containing cream prescribed by the doctor for this. Cream or gel should be placed on the edges of the cube.

Now introduce the pessary into the vagina just like a tampon with the string at the bottom. It may be helpful to stand with one foot resting on e.g. the edge of a bed. Some women find it easier to fit the cube in a squatting position or while lying down. You can also lean against a wall with your legs slightly spread for insertion of the pessary. You will find out which is the most suitable method for yourself by trying out the various alternatives.

Push the cube into the vagina as far as possible, or to the position recommended by your doctor. The cube is positioned correctly if it does not bother you.

How do I remove the cube pessary?

You should also wash your hands before removing the pessary. Cover the vaginal area with a thin layer of Ladysoft lubricating gel. Using the string, you should then first pull the cube downwards until you feel a slight resistance of the pelvic floor muscles. It is best to assume a squatting position for this, and to pull the string in various directions. Now loosen the edges of the cube from the vaginal wall using the index or middle finger (do not use any other aids) and pull the cube pessary completely out of the vagina using the string. Do not use any other aids for removing the cube pessary.

Then clean the cube pessary with warm water and a mild cleansing liquid such as femsoft. Rinse the pessary thoroughly and allow it to dry. Disinfection is generally not necessary.

You may for instance use a liquid cleansing lotion specifically for feminine hygiene such as femsoft, for more effective yet mild cleaning. This cleansing liquid specially developed on a basis of whey and stinging nettle, has a low pH value (3.8 to 4). Wash your hands again afterwards.

What shall I do if the string tears?

In the exceptional case of the string tearing, you can remove the pessary using your fingers only. If this should not be possible, then have the pessary removed by your doctor within the next few days.