

## 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

SP-000493.001 PRN 21.024

## Club Pessary



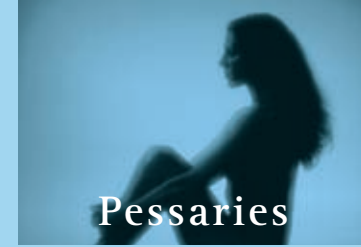
- 50 mm diameter MED1000118
- 55 mm diameter MED1000119
- 60 mm diameter MED1000120
- 65 mm diameter MED1000121
- 70 mm diameter MED1000122
- 75 mm diameter MED1000123
- 80 mm diameter MED1000124
- 85 mm diameter MED1000125
- 90 mm diameter MED1000126

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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Pessaries

## Club Pessary

Directions for Use

### Pack Contents

Club Pessary  
Directions for Use - Pessary  
Ladysoft Lubricant Gel  
Directions for Use - Ladysoft

**CE** 0483

Made in Germany

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Dietramszell · Dubai · München

## What is the purpose of pessary treatment?

Club pessaries are used for treating cases of severe downward displacement such as e.g. vaginal and uterine prolapse, when other pessaries cannot withstand this high pressure and the utilisation of a cube pessary is accompanied by frequent involuntary discharge of urine (stress incontinence). Reasons for such cases of downward displacement or prolapses include for example hereditary connective tissue weakness, post-menopausal hormone deficiency or pregnancies and deliveries.

## What is the effect of a Club pessary?

A Club pessary ensures that vagina and uterus, having been re-positioned correctly after a prolapse, stay there permanently. The knob shaped pessary stem prevents the base from tilting and slipping out, thereby providing a securer fit.

## Which pessary is the right one for me?

Selection of the right size is conditional for relief from complaints. medesign Club pessary size is determined by the diameter of the base. Available pessary sizes range from 50 mm to 90 mm. The smallest size pessary just remaining in place safely should be chosen. Your doctor will determine the right size for you by measurement.

He/She will initially fit the pessary while you are lying down. After insertion, you and your doctor will check whether the pessary stays in place properly. First try coughing and pressing while lying down. Then check if the pessary is firmly in position by using the stem. Stand up and move around. If you do not experience any discomfort and the pessary remains in place throughout this procedure, then you have chosen the right size. Your doctor will also re-examine to confirm a correct fit. It is very important that you familiarise yourself with the function of the stem in your doctor's surgery. This will

make it much easier for you to use the pessary at home.

Since a shrinkage of the lower vaginal tissue occurs relatively quickly during Club pessary treatment, your doctor will check if a smaller Club pessary can be used or if changing to a cube pessary is possible after about three weeks.

medesign pessaries are made of tissue friendly silicone especially developed for medical use. An individual pessary should be used for each woman.

## How do I fit a Club pessary?

Discuss with your doctor whether and how often you should change the Club pessary. It is however generally possible to change the pessary yourself, although Club pessaries are more difficult to use than other pessaries.

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. Cover the vaginal area well with a thin layer of Ladysoft lubricating gel.

All prolapsed organs must be repositioned properly before insertion of the pessary (ask your doctor for a detailed explanation of the manual procedure required for this). Now introduce the pessary into the vagina with the stem downwards, while lying down. Take hold of the base covered with Ladysoft with your right hand and push it gently while tilting it, into the vagina, following the path of least resistance towards the back. Be careful with the sensitive bulge of the urethra. Once the ring has slid past the urethra, turn the base in a horizontal position and push it upwards as far as possible. The tip of the Club stem is generally just about wvisible.

## How do I remove the Club pessary?

You should also wash your hands before removing the pessary. Cover the vaginal area and the outer edge of the Club pessary well with a thin layer of Ladysoft lubricating gel. Then, holding the stem of the Club pessary, pull it out along the vaginal axis until it touches the pubic bone (symphysis). The slack and overstretched tissue often forms an obstacle in the shape of a bulge about as thick as a finger. Push this bulge gently around the outer rim of the pessary using your free hand. You can then easily remove the Club pessary.

Clean the pessary with warm water and a mild cleansing liquid such as femsoft. Then rinsen the pessary thoroughly and let it 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 can I do if the Club pessary slips out during bowel movement?

The pessary may slip out completely or partially during bowel movement. If this occurs, clean the pessary and replace it as described above.

It is also possible to prevent the pessary from slipping out by feeling for the stem of the pessary and holding on to it in the vagina while pushing.