

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

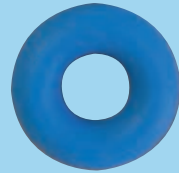
- Ladysoft Lubricating Gel if eases using the pessary
- Femsoft Intimate Cleaning Lotion gentle cleaning of the intimate area
- Femsoft Intimate Care Creme maintains and protects the intimate area

Ring Pessary



- | | |
|-------------------|------------|
| • 45 mm diameter | MED1001442 |
| • 50 mm diameter | MED1000100 |
| • 55 mm diameter | MED1000101 |
| • 60 mm diameter | MED1000102 |
| • 65 mm diameter | MED1000103 |
| • 70 mm diameter | MED1000104 |
| • 75 mm diameter | MED1000105 |
| • 80 mm diameter | MED1000106 |
| • 85 mm diameter | MED1000106 |
| • 90 mm diameter | MED1000108 |
| • 95 mm diameter | MED1000109 |
| • 100 mm diameter | MED1000434 |

Ring Pessary – thick



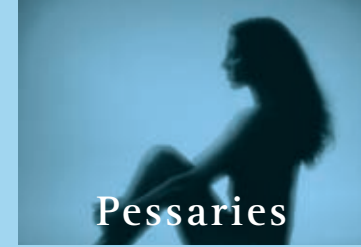
- | | |
|-------------------|------------|
| • 50 mm diameter | MED1000817 |
| • 55 mm diameter | MED1000818 |
| • 60 mm diameter | MED1000819 |
| • 65 mm diameter | MED1000820 |
| • 70 mm diameter | MED1000821 |
| • 75 mm diameter | MED1000822 |
| • 80 mm diameter | MED1000823 |
| • 85 mm diameter | MED1000824 |
| • 90 mm diameter | MED1000825 |
| • 95 mm diameter | MED1000826 |
| • 100 mm diameter | MED1000827 |

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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Ring Pessary

Directions for Use

Pack Contents

Ring 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 pessary treatment?

Ring pessaries are specifically used for treating slight forms of stress incontinence (involuntary discharge of urine) and slight complaints arising as a result of a downward displacement of the vagina, uterus and bladder. Ring pessaries can however also be used in preparation for an operation or for making scar tissue more pliable. Reasons for such prolapses include for example hereditary connective tissue weakness, post-menopausal hormone deficiency or pregnancies and deliveries. Permanent improvement is often achieved by pessary treatment – supported by pelvic floor exercises and creams containing oestrogen, if necessary.

What is the effect of a ring pessary?

Vagina, uterus and bladder are repositioned correctly by the pessary. This counteracts complaints associated with a prolapse. Stressincontinence is prevented by the supportive action on the urethra. A pelvic floor with adequate weight-bearing capacity is however a prerequisite.

A thicker version is available in addition to normal ring pessaries. Older patients generally prefer the thicker version of the round pessary (doughnut). The thicker ring makes the supporting area wider, there by reducing the risk of tissue damage and discomfort due to pressure, even if the pessary is not changed daily.

Which pessary is the right one for me?

Achievement of optimal treatment and complete comfort is dependent on the selection of the right size. Ring pessaries by medesign are available in different sizes (50 to 100 mm). The smallest size pessary just remaining in place safely should be chosen.

Your doctor will determine the right size for you by measurement.

You should cough several times, try pressing and moving about in order to test the pessary after insertion. Your doctor will check if the pessary is still positioned correctly after this test.

medesign ring pessaries are made of flexible and tissue friendly silicone especially developed for medical use. Normal ring pessaries have an integrated spring allowing them to maintain their shape. You can easily insert and remove a ring pessary yourself. An individual pessary should be used for each woman.

How do I fit a ring pessary?

You should insert the pessary in the morning and remove it in the evening. Instead of changing the ring themselves, many older patients rely on a doctor to do this. This procedure should be carried out every four to eight weeks.

You should wash your hands before starting to fit the pessary. The pessary may be put into place much more easily with the help of a lubricant such as Ladysoft.

Now insert the folded or compressed ring pessary into the vagina. 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 pessary 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.

Put the pessary in the position specified by your doctor. Make sure to insert the folded ring towards the posterior part of the vaginal vault to start with. Then simply push it up- and frontwards. The ring pessary cannot fulfil any supportive function if it is not correctly positioned and will slip out during physical strain.

How do I remove the ring pessary?

You should also wash your hands before removing the pessary. Cover the vaginal area well with a thin layer of Ladysoft lubricating gel. Get hold of the ring with your index finger and pull the pessary out of the vagina.

Then clean the 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.