

## 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

## Sieve Cup Pessary



- |                   |            |
|-------------------|------------|
| • 50 mm diameter  | MED1001533 |
| • 55 mm diameter  | MED1000110 |
| • 60 mm diameter  | MED1000111 |
| • 65 mm diameter  | MED1000102 |
| • 70 mm diameter  | MED1000113 |
| • 75 mm diameter  | MED1000114 |
| • 80 mm diameter  | MED1000115 |
| • 85 mm diameter  | MED1000116 |
| • 90 mm diameter  | MED1000117 |
| • 95 mm diameter  | MED1001534 |
| • 100 mm diameter | MED1001535 |

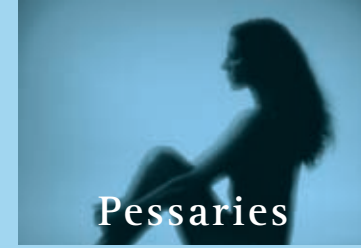
Please write to us if you have any further questions regarding application or if you would like to let us know about your experiences.

© medesign I.C. GmbH

SP 00051.001 PRN 21026

**M E D E S I G N**

medesign I.C. GmbH · Dietramszellerstr. 6 · D-83623 Dietramszell  
Phone +49(0)8027-907 38-0 · Fax +49(0)8027-907 38-27  
info@medesign.de · www.medesign.de



## Sieve Cup Pessary

Directions for Use

### Pack Contents

Sieve Cup 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?

Sieve cup pessaries are particularly suitable for treating complaints arising due to a slight downward displacement of the vagina and uterus. Reasons for such mild 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 – finally making the pessary unnecessary altogether. Temporary change to a cube pessary will at least be possible if treatment fails to lead to the desired result.

## What is the effect of a sieve cup pessary?

The sieve cup pessary provides a wider area of support for the uterus on the pelvic floor and ensures a more secure fit. This counteracts a downward displacement of vagina and uterus. A pelvic floor with at least limited weight-bearing capacity is however a prerequisite.

## Which pessary is the right one for me?

Achievement of optimal treatment and complete comfort is dependent on the selection of the right size. Sieve cup pessaries by medesign are available in different sizes (50 to 90 mm). The smallest size pessary just remaining in place safely should be chosen.

Your doctor will determine the right size for you. After he/she has inserted the pessary, you should test if it fits properly straight away. This will involve pressing, coughing and moving around. The doctor will then check if the pessary is still positioned correctly. The smallest pessary just remaining in place should always be used. Please make sure that you can pass water without any problems with the pessary in place.

After several weeks or months, the doctor will decide whether a change to a different pessary size is advisable. In order to achieve

greater effectiveness, treatment often involves using increasing pessary sizes. Your doctor may possibly also suggest changing to a cube pessary.

medesign pessaries are made of tissue friendly silicone especially developed for medical use. The flexible pessaries can be easily folded or compressed. This makes insertion and removal of pessaries particularly convenient. The perforations of the sieve cup pessary allow better drainage of vaginal discharge. An individual pessary should be used for each woman.

## How do I fit a sieve cup pessary?

You should insert the sieve cup pessary into the vagina in the morning and remove it in the evening.

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.

Fold the pessary and introduce it 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 again 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. The folded pessary is first placed into the posterior part of the vaginal vault and the cup is then pushed up towards the front. The pessary is positioned correctly if it does not bother you. The sieve cup pessary cannot fulfil its supportive function if it is not positioned correctly and may slip out during physical strain.

## How do I remove the sieve cup pessary?

You should also wash your hands before removing the pessary. Cover the vaginal area well with a thin layer of Ladysoft lubricating gel. Put your finger in the hole of the sieve cup pessary and pull it out of the vagina.

Then clean the sieve cup 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 I cannot remove the pessary?

There is no need to worry if you have problems removing the pessary, since these soft pessaries can remain in place several weeks without any negative consequences. Your doctor will remove the pessary during your next visit (within four weeks).