



# ProFem<sup>®</sup>

A PELVIC FLOOR HEALTHCARE COMPANY



## ProFem<sup>®</sup>

### ■ Pessary Information Leaflet

*Your health professional has recommended a pessary as a possible treatment for your medical health problem.*

#### **WHAT IS A PESSARY?**

A pessary is a vaginal prosthesis that has evolved over centuries to become an effective medical device for relieving the stress of incontinence (bladder leakage) or to treat a prolapse of the uterus, bowel or bladder into the vagina, including cystocele, rectocele, and uterine prolapse. Vaginal pessaries were refined in the 1900's with better advances in material science. ProFem pessaries are made of medical grade silicone, a hypoallergenic material (low allergy risk). They are soft and flexible and come in many different types and sizes.

#### **FREQUENTLY ASKED QUESTIONS**

Will I always have to use this pessary?

Your health professional will guide you as to how long you will need to use the pessary. Although pessaries are an alternative to surgery, your pelvic muscles may strengthen to the extent that your pessary may no longer be required.

For some people a pessary may be used only for strenuous exercises such as running, sporting activities and fitness classes.

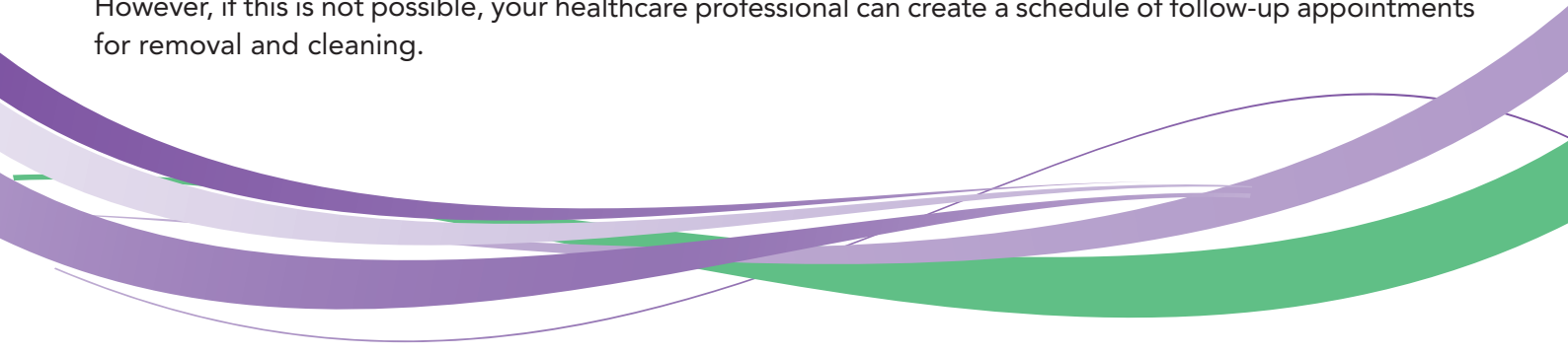
If you are discussing a surgical option with your health professional, the pessary may be a temporary therapeutic option until surgery can be performed.

#### **CAN A PESSARY HURT OR BECOME UNCOMFORTABLE?**

A properly fitted pessary should not cause pain or discomfort. You should be able to perform your normal daily activities without difficulty. If the pessary does become uncomfortable, please contact your health professional to discuss the symptoms.

#### **HOW OFTEN SHOULD I REMOVE MY PESSARY?**

We recommend that you follow the instructions from your health professional on when to remove your pessary. In an ideal situation you may remove and clean your pessary daily using mild soap and water. However, if this is not possible, your healthcare professional can create a schedule of follow-up appointments for removal and cleaning.



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## **WHAT IS MY RESPONSIBILITY?**

Your responsibility is to follow your healthcare professional's instructions on the use of your pessary, and attend follow-up appointments. If you should move, be sure to notify your healthcare professional and obtain a referral to another healthcare professional.

Will my pessary set off the alarm at the airport? No. Profem pessaries are made only of silicone.

## **DAILY CARE AND HELPFUL HINTS**

I am having difficulty removing my pessary. What do I do? If you have attempted to remove your pessary but can't, call your healthcare professional.

My pessary seems to have moved out of position and is uncomfortable. Wash your hands, lie down and gently push the pessary back into position.

I have some discharge and bleeding. What should I do?

Sometimes pessaries can irritate body tissue causing a slight discharge or bleeding. Call your healthcare professional if it persists.

## **WHAT DO I DO ABOUT MY BATH/SHOWER ROUTINE?**

Do not change your normal bathing routine because you are wearing a pessary.

## **CAN I HAVE SEX WITH MY PESSARY IN PLACE?**

Some pessaries, such as a Ring pessary, may remain in place while other, such as Cube, Gelhorns and Donuts may need to be removed. If you need to remove your pessary, then do so.

## **WILL MY PESSARY PREVENT PREGNANCY?**

No, it will not. A pessary is not a contraceptive device. If you are sexually active, wear a pessary and need to avoid pregnancy, discuss this with your health professional.

## **CAN MY PESSARY FALL OUT?**

Yes, it can. If your pessary is too small or you need a different type of pessary, sometimes it may fall out. Whenever this happens, simply clean your pessary with mild soap and water and reinsert it. If it is a persistent problem, then call your health professional for an appointment. You may need a different size or type.

Bioteque America is an innovative, quality-driven, medical device manufacturer. Bioteque America specializes in pelvic floor healthcare devices for the treatment of pelvic organ prolapse and incontinence conditions, as well as gynecological sampling and catheter applications.

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