Self Management of Vaginal Ring Pessary

Information for you
Our medical and nursing staff now encourage women to self manage their vaginal pessary. Many women find it empowering having the option to personalise and take control of their pessary management, particularly women who are sexually active or anxious about clinic visits.

A degree of dexterity is required. With support and a good understanding of the procedure, women who choose to self manage can do well. As soon as the correct size of your pessary is confirmed, the process can start.

Firstly, you will have an extended appointment with the nurse. This will ensure there is enough time for teaching, discussion and a practical session.
Instructions for insertion

1. Empty your bladder and wash your hands. Check the pessary is clean and not damaged.

2. Find a comfortable position for insertion - for example, one foot placed on a chair or bed, sitting or lying on bed with knees bent.

3. Fold pessary in half at the dimples on each side of the ring.

4. Lubricate end of pessary.

5. Insert into the vagina until you cannot see the ring, then release. The ring should position itself and be comfortable.

6. Wash your hands.

Instructions for removal

1. Wash your hands.

2. Find a comfortable position.

3. Insert one finger into the vagina. Cough or push down at the same time if you have difficulty reaching it.

4. Pull ring down and out.

5. Wash the pessary in warm water and place it somewhere at room temperature to dry.
Frequently asked questions

How often should I remove my pessary?

You can insert and remove your pessary as often as you like. It must be removed at least once every six months.

Can I have sexual intercourse?

Most people are able to have intercourse with their pessary in. If it is uncomfortable you can remove the pessary before intercourse.

What lubricants can I use?

A water-based lubricant is sufficient. Your family doctor (GP) can prescribe this or you can buy it bought over the counter at a chemist.

How long will the pessary last?

These silicone pessaries can last for up to ten years. Every time you remove your pessary you should check for signs of wear or damage.

What if my pessary is uncomfortable?

Your pessary might not be in the correct position. Try pushing it up further into the vagina. If it remains uncomfortable remove it and telephone the helpline.
How often do I need to see a doctor or nurse?

You need an annual review with a doctor or nurse.

Please contact the helpline if you experience any of the following symptoms:

• Any difficulty passing urine.
• Any change in the colour or consistency of vaginal discharge.
• Any increase in the amount of vaginal discharge.
• Any foul odour linked with vaginal discharge.
• Vaginal itching.
• Vaginal bleeding or spotting of blood.
• Pain, or awareness of pressure from the pessary.
• If you are not able to remove the pessary or re-insert.
• Increased difficulty when having a bowel movement.

If you have any other questions or are experiencing any problems please phone our pessary helpline. Leave your name and contact number and we will get back to you as soon as possible.

Helpline number: 01563 827238
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