



## Pessary Care Guidelines

The most appropriate type and size of pessary for an individual patient should be determined based primarily on physical findings, but also on patient preference, i.e. ease of self-insertion/removal, ability to have vaginal intercourse, etc. A Fitting Kit can also aid in selecting the proper pessary size.

All of the EvaCare pessaries fold or compress to ease insertion and removal. Fitting instructions for each style of pessary are included in the pessary package and should be followed.

Patients should be instructed on pessary insertion and removal, as well as cleaning procedures as outlined in the package insert. Patients should be instructed to report any discomfort immediately and regular follow-up visits should be scheduled.

A properly fit pessary should be large enough to perform its designed function but not cause any undue pressure or discomfort. The clinician should be able to insert a finger between the outer rim of a properly fitted pessary and the vaginal wall.

All EvaCare pessaries are contraindicated in patients who have acute genital tract infections, pelvic infections or are non-compliant.

Pessaries can be disinfected by any of the following procedures:

1. Autoclave at 15 lbs. of pressure at 250°F / 121°C for a period of 10 minutes.  
DONUT PESSARIES CANNOT BE AUTOCLAVED
2. Boil for 15 minutes.
3. Cold Sterilize with Cidex (Johnson & Johnson) or Chlorophenyl (Bard-Parker), then thoroughly rinse with water.



## Additional Educational Materials

Clinical DVD featuring Dr. G. Willy Davila of Cleveland Clinic, Florida - Call 866-839-9260 for your free copy

Also available, The Use and Care of Pessaries (patient brochure)