

# PessaryAssistant.com

## INSTRUCTIONS FOR USE

### I. PLACEMENT:

- a. Fold your Ring Pessary in half like a “Taco Shell”
  - i. There will likely be two “notches” or “holes” on the sides, which will make it easier to fold in one direction than the other
  - ii. These “notches” or “holes” should be at the “ends” of the “Taco” (not the middle)
- b. Wedge the middle of your now-folded Ring Pessary into the **upside-down “U”** side of the PessaryAssistant (*See Picture*)
- c. Use one hand to hold the PessaryAssistant + now-folded Ring Pessary close to the vaginal opening
  - i. Place a small amount of **lubrication** on insertion end
- d. Use your other hand (or smaller fingers of same hand) to push the now-folded Ring Pessary into the vagina
- e. Use one finger to push the now-sprung-open Ring Pessary all the way inside
- f. If you use a RingPessary “**with support**” (*i.e., with inner diaphragm rather than wide open hole*), try to orient one of the large “holes” so it is closest to the vaginal opening (*See Picture Below*). This will help in the future during removal.



### II. REMOVAL:

- a. Place one **finger** inside the vagina to locate the rim of your Ring Pessary, as well as one of the two larger holes in the diaphragm if you have one (*See Picture at Right*)
- b. Use your inserted finger to **guide the “hook”** side of the PessaryAssistant inside the vagina (**open-end of “hook” may be pointed up or down, depending on what feels more appropriate given your pessary’s resting position**)
- c. Manipulate the handle of the PessaryAssistant until you have **hooked** your RingPessary (upward or downward)
  - i. If using a RingPessary “**with support**”, the “hook” will go through one of the “holes” in the diaphragm (*See Picture at Right*)
- d. Use the PessaryAssistant to pull out your Ring Pessary, while using your other hand to try to “**fold**” your Ring Pessary as it comes out
  - i. This will decrease the tenderness involved with passing it through the vaginal opening (especially if you have a larger-sized pessary)

