PessaryAssistant

INSTRUCTIONS FOR USE

I. PLACEMENT:
   a. Fold your Ring-Pessary or Ring-Pessary-With-Support in half like a “Taco Shell”
      i. Note that there will likely be two “notches” or two “holes” on the sides, which will make it easier to fold
      ii. These “notches” or “holes” should be at the “ends” of the “Taco” rather than the middle
   b. Wedge the middle of your folded Pessary into the Upside Down “U” portion of the PessaryAssistant
   c. Use one hand to hold the PessaryAssistant with folded Pessary close to the vaginal opening.
   d. Use your other hand to push the folded ring pessary into the vagina
   e. Use one finger to push the (now opened) pessary all the way inside
   f. If you use a Ring-Pessary-With-Support, try to orient one of the “holes” in the diaphragm so that it is closest to the vaginal opening. This will help in the future when removing it.

II. REMOVAL:
   a. Place the “hook” side of the PessaryAssistant inside the vaginal canal, usually with the “hook” pointed up toward the sky
   b. Manipulate the handle of the PessaryAssistant until you’ve hooked your Ring Pessary
      i. If using a Ring-Pessary-With-Support, the “hook” will go through one of the “holes” in the diaphragm
   c. Use one hand to pull out your Pessary, while using the other hand to try to “fold” it as it comes out.
      i. This will decrease the tenderness involved with passing it through the vaginal opening