

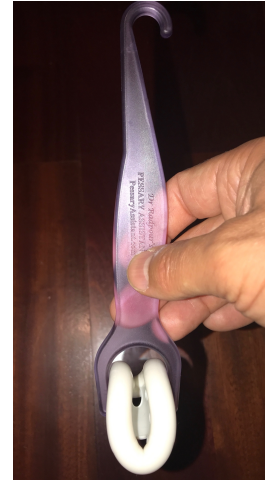
PessaryAssistant™ by ChrisRadpourMD

Instructions For Use (IFU) - ENGLISH

PessaryAssistant.com

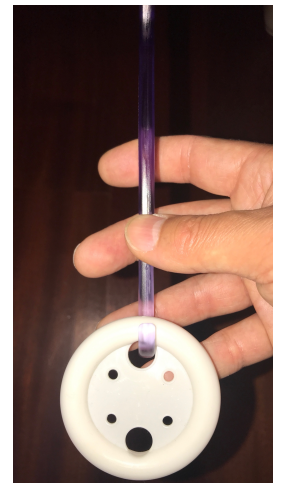
I. PLACEMENT:

- a. **Fold 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** direction
 - ii. These “notches” or “holes” should be at the “ends” of the “Taco” (not the middle)
- b. **Wedge** the middle of now-folded Ring Pessary into the upside-down “U” side of PessaryAssistant™ (*See Photo*)
- c. Use one hand to **hold** PessaryAssistant™ & now-folded Ring Pessary close to vaginal opening (*See Photo*)
 - i. Place small amount of **lubrication** on insertion end of Ring Pessary
- d. Use 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 the vagina, as far as it will comfortably go
- f. **If you use a Ring Pessary “with support” (i.e., inner diaphragm rather than wide open hole), try to orient one of the larger “holes” so that it is closest to the vaginal opening (See Photo). This will help in the future during removal.**



II. REMOVAL:

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



III. HOW TO PURCHASE PessaryAssistant™:

- a. **Amazon.com** (US version of Amazon):
 - i. Search for “Pessary Assistant”, “Pessary Assist”, “Pessary Hook”, “Pessary Tool”, “Pessary Help”
 - ii. Follow instructions to purchase on Amazon
- b. **PessaryAssistant.com** (my website):
 - i. Follow instructions to purchase on my website