

# PessaryAssistant™ by ChrisRadpourMD

## Instructions For Use (IFU) - ENGLISH

### PessaryAssistant.com

#### I. PLACEMENT:

- a. **Fold ring pessary in half** like a **Taco Shell** or downward turning **Banana** (See Photo)
  - i. There will likely be two **notches** or **holes** near the sides of the ring, which will make it easier to fold in one direction than the other
  - ii. These notches/holes should be at the **ends** of the Taco/Banana (not the middle)
- b. **Wedge** the middle of the now-folded ring pessary into the upside-down "U" of the PessaryAssistant™ (See Photo)
- c. Use one hand to **hold** the now-folded ring pessary at the vaginal opening (See Photo)
  - i. Place a small amount of **lubrication** on the insertion-end of your ring pessary
- 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 the vagina, as far as it will comfortably go.
- f. If you have a ring pessary "**with support**" (i.e., *inner diaphragm like trampoline, rather than open hole*), try to orient the 2 larger holes in line with your body (one toward your head, one toward your feet, closest to the vaginal opening). This will help during removal. (See Photo).



#### 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 them (See Photo)
- b. Use an inserted finger to either pull pessary rim toward vaginal opening or **guide the hook-side of PessaryAssistant™** to the pessary rim (or Stem of a Gellhorn). The open end of the "C"-shaped hook **may point either up or down**, depending on what feels more appropriate given pessary's resting position (Hook is pointing "up" in Photo shown).
- c. **Manipulate the PessaryAssistant™ handle** until you have **hooked** your ring pessary rim (Upward or Downward)
  - i. If using a ring pessary **with support**, hook will go through one of the larger holes (See Photo). But the new PessaryAssistant™ will also fit through the smaller holes.
  - ii. Now use your PessaryAssistant™ tool to **pull** your ring pessary (or Gellhorn Stem) out, while using your other hand to **fold** it as it comes out. This decreases diameter & tenderness involved with passing pessary through vaginal opening (especially if you have a larger-sized pessary)

