

# PessaryAssistant™ by ChrisRadpourMD

## Instructions For Use (IFU) - ENGLISH

[PessaryAssistant.com](http://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™ aid 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)



# PessaryAssistant™ by ChrisRadpourMD

## Instructions For Use (IFU) - ENGLISH

### PessaryAssistant.com

#### Intended Use / Indications for Use

The PessaryAssistant™ is indicated to aid placement and removal of a pessary for the temporary, non-surgical management of pelvic organ prolapse.

#### Warnings

- Single patient use only. Do not share.
- Use gently. Do not force.
- Stop use if you experience pain, bleeding, or unusual symptoms.
- Do not use if damaged, cracked, or worn.

#### Precautions

- Clean before first use and before/after each use.
- Use water-based lubricant as needed.
- Follow your healthcare professional's instructions and your pessary instructions.

#### Contraindications

Do not use if you have pain, significant irritation, unexplained bleeding, ulceration, or other unusual symptoms unless directed by your healthcare professional.

#### Potential Adverse Events

- Vaginal irritation or discomfort
  - Minor tissue trauma
  - Ulceration or abrasion of vaginal tissue
- If any adverse effects occur, discontinue use and contact your healthcare professional.

#### Contact Provider

Contact your healthcare professional if you have persistent discomfort, bleeding, or difficulty placing/removing your pessary.

#### Cleaning, Maintenance, and Storage (Reprocessing)

Wash with warm water and mild detergent, gently brush if needed, rinse thoroughly, and air dry completely before storage. Store in a clean, dry place. Avoid high heat and harsh chemicals.

#### Compatibility

Compatible with many pessaries including ring pessaries (with/without support) and Gellhorn stem removal assistance. If unsure, ask your healthcare professional.

#### Symbol Glossary

- **REF** = Catalog number
- **LOT** = Lot number
- **Single patient, multiple use** = Do not share
- **NON-STERILE** = Device is provided non-sterile

#### Manufacturer

ChrisRadpourMD – Chattanooga, TN, USA