



## PRODUCT NUMBER

HNM-36-150718 Ring

HNM-36-150519 Cube

HNM-36-150520 Dish w/Support

HNM-36-150518 Oval w/Support

HNM-36-150521 Gellhorn

HNM-36-150517 Ring w/Support

## PRODUCT COLOR

Blue

## PRODUCT FUNCTION

Pessary Fitting Set is designed for the physician to determine the proper size and type of pessary for the patient before prescription.

## CAUTION

Pessary Fitting Set is not designed for patient use.

## CONTRAINDICATIONS

Pessary Fitting Set is contraindicated in acute genital tract infections, pelvic infections, or noncompliant patients.

## PROCEDURES

Fitting usually requires a trial of various sizes to determine the proper pessary size. Pessary Fitting Set is a valuable aid in selecting the correct pessary. A vaginal lubricant may be required for the patients comfort before insertion of a pessary. The physician may suggest K-Y jelly®, Replens®.

The physician should determine if the patient requires estrogen therapy before prescribing a pessary.

1. Perform a normal pelvic examination prior to the fitting . and introduction of a pessary. A pelvic exam helps determine the appropriate size. The pessary will easily fold across the largest drainage holes to simplify insertion and removal. The pessary should be large enough for its indication, yet not cause any undue pressure or discomfort.
2. Compress the pessary and gently insert the pessary through the introitus. Once the pessary has passed the introitus, release the compressed pessary so that it expands to its normal shape. will insure the patients comfort and reduce the risk of pressure necrosis.
3. Gently move the pessary to the cervix to support the cystocele or rectocele and the uterus. When in the correct position, the physician should be able to insert an examining finger between the outer edge of the pessary and the vaginal wall. This spacing will insure the patients comfort and reduce the risk of pressure necrosis.
4. Once in place, the pessary should not dislodge when standing, sitting, squatting or bearing down. It should not be uncomfortable for the patient during any of these routine activities.
5. When fitting a pessary, be sure to instruct the patient on its cleaning, insertion and removal. The patient should perform these tasks before the first follow-up visit.
6. Tell the patient to report any discomfort immediately.

# PESSARY FITTING SET

## REMOVAL, CLEANING AND DISINFECTION/ STERILIZATION

1. To remove the pessary, carefully move the pessary forward toward the introitus. When the pessary is within reach, compress the pessary and withdrew gently with caution.
2. Perform the cleaning and sterilization procedure.

Note: If the autoclave is not applicable, suggest to perform the disinfecting procedure after the device is cleaned by the enzymatic cleaner.

## SUGGESTED CLEANING AND DISINFECTING PROCEDURE FOR THE PHYSICIAN:

### 1. CLEANING

Submerge in enzymatic cleaner for 20 minutes

2.

**a. DISINFECTING:** Use disinfecting solution like Cidex® OPA for 12 minutes and rinse thoroughly (be sure to follow manufacturer's instructions.) Or

**b. STERILIZING: Recommended Sterilization Parameters**

Sterilizer	Exposure Temperature	Exposure Time
Prevacuum	132 °C	4 Mins
Gravity Steam	121 °C	30 Mins
	132-135 °C	10 Mins

## PHYSICAL EXAMINATION

Pessary should be periodically checked for deep cracks or scratches that could make adequate cleaning and disinfection/ sterilization impossible.

The Pessary Fitting Set is validated to be sure no significant change in appearance after 150 cycles cleaning and sterilizing procedures.