

The POP-Q score is the main clinical tool used to identify the severity of pelvic organ prolapse, and the anatomical success or failure of prolapse surgery. Accuracy of measurements is to the nearest 0.5 cm, yet to date, there has been no easy-to-use measuring device with which to perform POP-Q scores. Currently gynecologists make-do using swabs, pap smear sticks, fingers or pipettes etc to measure POP-Q values, making measurements imprecise and rather cumbersome. POPstix have been designed by practicing urogynecologist frustrated at the lack of a specific measuring tool.

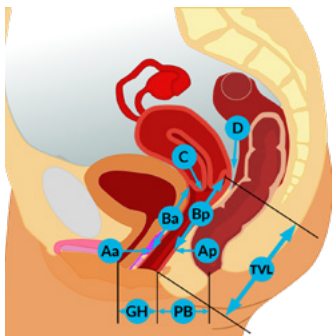
They offer the following benefits:

- Consistent results
- Easy-to-use
- Cost effectiveness
- Accuracy
- Disposability
- Ideal for use in a clinic or research setting
- Eco friendly, wooden sticks
- Ink free! Thermal embossing

POPstix are conveniently packaged in quantity of 50. Each package contains a complete guide on how to perform a POP-Q score.

POP-Q EXAM – A QUICK REFERENCE GUIDE

The pelvic organ prolapse quantification (POP-Q) exam is used to quantify, describe, and stage pelvic support.



- There are 6 points measured at the vagina with respect to the hymen.
- Points above the hymen are negative numbers; points below the hymen are positive numbers.

Point	Description	Range of Values
Aa	Anterior vaginal wall 3 cm proximal to the hymen	-3 cm to +3 cm
Ba	Most distal position of the remaining upper anterior vaginal wall	-3 cm to +tvI
C	Most distal edge of cervix or vaginal cuff scar	
D	Posterior fornix (N/A if post-hysterectomy)	
Ap	Posterior vaginal wall 3 cm proximal to the hymen	-3 cm to +3 cm
Bp	Most distal position of the remaining upper posterior vaginal wall	-3 cm to + tvI

Genital hiatus (gh) – Measured from middle of external urethral meatus to posterior midline hymen

Perineal body (pb) – Measured from posterior margin of gh to middle of anal opening

Total vaginal length (tvI) – Depth of vagina when point D or C is reduced to normal position

POP-Q Staging Criteria

Stage 0	Aa, Ap, Ba, Bp = -3 cm and C or D \leq -(tvI - 2) cm
Stage I	Stage 0 criteria not met and leading edge < -1 cm
Stage II	Leading edge \geq -1 cm but \leq +1 cm
Stage III	Leading edge > +1 cm but < + (tvI - 2) cm
Stage IV	Leading edge \geq + (tvI - 2) cm

REFERENCE: Bump RC, Mattiasson A, Bo K, et al. The standardization of terminology of female pelvic organ prolapse and pelvic floor dysfunction. Am J Obstet Gynecol. 1996;175:13.