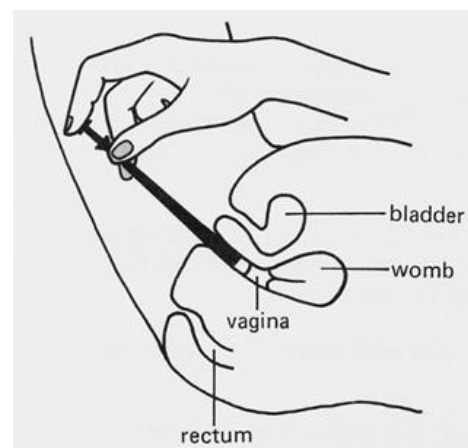


## Patient advice sheet

### How to use your pessaries

**This leaflet is designed to advise patients on how to use their pessaries correctly.**

**Pessaries or vaginal tablets need to be inserted into the vagina where they melt and release their medicine. These medicines are not to be taken by mouth.**



1. Read the instructions on the label. Wash your hands.
2. Remove the foil or plastic wrapping from the pessary.
3. Place the blunt end of the pessary into the open end of the applicator (if you have been supplied with one)
4. Lie on your back with your knees bent, or squat.
5. Using the applicator gently put the pessary into the vagina as far as it will comfortably go. If there is no applicator available, see point 11.
6. Holding the outer part of the applicator push the plunger in to release the pessary from the applicator.
7. Remove the applicator from the vagina.
8. If the applicator is to be used again, clean it in warm soapy water, then dry and keep it in a clean place.
9. Wash your hands.
10. Leakage from the dissolved pessary can occur, and may stain clothing. A panty liner or other sanitary protection may be used to prevent this.

Treatment should continue even if menstruation (your period) starts.

#### 11. To insert *without* using the plastic applicator –

Holding the pessary between your thumb and first two fingers, gently put the pessary, narrow end first, as high into the vagina as is comfortable.

Then wash your hands.

During pregnancy the applicator should NOT normally be used.

### **Who can I contact if I have any more questions?**

If you have any further questions about your medicines contact the Patient Medicines Helpline within the Medicines Resource Centre on 01296 838220.

Opening hours: Monday – Friday 9-4pm.

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### **How can I help reduce healthcare associated infections?**

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

### **Patient Advice Sheet**

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)