
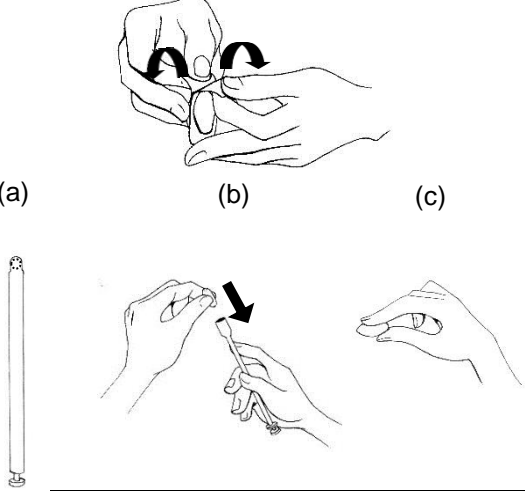
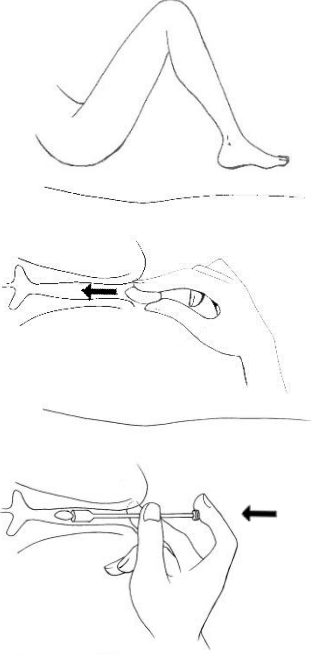


HOW TO USE VAGINAL PESSARIES PROPERLY

Patient Information Leaflet

This leaflet illustrates the proper technique of inserting vaginal pessaries.

<p>1. Wash your hands and vaginal area with a gentle cleanser/soap and water. Dry it thoroughly.</p>	
<p>2. Remove the pessary from the packaging/wrapper.</p> <p>(a) Some medications come as a pre-filled applicator (which means that the pessary is already pre-inserted into the applicator).</p> <p>(b) Others may have a separate applicator, where you will need to insert the pessary into the end of the applicator.</p> <p>(c) Otherwise if there is no applicator supplied, you can insert the pessaries using your fingers.</p> <p>Note: During pregnancy, the pessary should be inserted without using an applicator.</p>	
<p>3. Lie on your back with your knees bent and legs slightly apart.</p> <p>Gently insert the pessary (pointed end first) or applicator into the vagina, as far as comfortably possible.</p> <p>If using an applicator, push the plunger until it stops to release the pessary into the vagina. Then, remove the applicator from the vagina.</p>	
<p>4. Wash your hands again.</p>	
<p>5. If the applicator is reusable, clean it as directed. Discard the applicator if it is disposable.</p>	
<p>6. Continue to use the medication for as long as directed by your doctor or pharmacist, even during your menstrual period.</p>	
<p>7. Avoid sexual intercourse during the period of treatment.</p>	
<p>8. You may use a sanitary napkin / panty liner to prevent the medication from leaking and staining your clothes.</p>	

Storage:

- Keep away from children.
- Some pessaries may need to be kept in the fridge whereas others need to be kept at room temperature. Ask your pharmacist about the proper storage conditions of the pessary you are using.