

POP Pessary Guide

gynaecologic is aiming to change the pessary conversation.

Prolapse isn't fun and while pessaries are great in theory, in practice the current offerings often fall short.

Women deserve better.

The American College of Obstetricians and Gynecologists recommends that a pessary should be considered before surgical intervention in all women with symptomatic prolapse. However, we know this is often not what is recommended due to high failure rates of pessary use caused by many factors. We want to change this through research and clever design to create better products for short or long term conservative management, whether in place of or prior to prolapse surgery.

Many clinicians are not aware that most pessaries are supplied non-sterile and need to be sterilised before use. To take that concern out of the equation, we pre-sterilise our pessaries. Many pessaries have an instruction for pessary removal every 24-48 hours but ours can be used continuously for up to 28 days, allowing the clinician to instruct the removal frequency, whether that be daily or weekly. All of our pessaries are 100% medical grade silicone (latex free).

gynaecologic was formed to create one pessary for one doctor to use. That product grew through word of mouth and we were approached by doctors asking if we could make conservative pessaries available cheaply for their volunteer work overseas. We were able to do one better by donating product free of charge and continue to do so with every pessary sold supporting donations. To date, we have donated pessaries that have helped thousands of women in Asia, Africa and the Pacific.

gynaecologic

Conservative Pelvic Organ Pessary

The C-POP was created with self management and comfort in mind to increase compliance and retention. The shape and softness were determined through research of vaginal dimensions measured prior to prolapse surgery. The irregular hexagon shape is designed to relieve pressure on the apex women can often wear a C-POP that is comfortably wider than a traditional ring.

- * Anatomically designed
- * Pre-sterilised
- * Smoother design to reduce surface area biofilm
- * Less potential for ulceration and granulation due to shape
- * More suitable for self-care as easier to remove and reinsert
- * More suitable for women who have undergone hysterectomy and/or prolapse surgery

If a patient has trialled a ring pessary and would like to try the C-POP, this rough comparison guide based on width may be used, however you may find it is possible to comfortably go wider as width is no longer hindered by ring length. C-POP width in the ordering table below can be compared against patient measurements to find the best fit.

| | |
|---------|----------|
| XS CPOP | 3-4 ring |
| S CPOP | 4-5 ring |
| M CPOP | 5-6 ring |
| L CPOP | 6-7 ring |
| XL CPOP | 7-8 ring |



Ring Pelvic Organ Pessary

The most common pessary shape but better.

- * Pre-sterilised
- * Smoother design to reduce surface area biofilm
- * Softer to facilitate patient self care

Surgical Pelvic Organ Pessary

The S-POP is a horseshoe shaped pessary placed at the end of pelvic floor surgery to augment and support the healing tissues in the post-operative period. It is removed at the four week post-operative review. The S-POP is used in surgery performed laparoscopically, vaginally or robotically, and is particularly useful for native tissue repairs and also in cases when autologous tissue is used to reinforce or augment a repair. The S-POP creates a barrier between the anterior and posterior walls to reduce adhesions.



Ordering Information

| Range | Code | Size | Length | Width |
|--|-----------------|--------|--------|-------|
| <i>Sold individually</i> | | | | |
| C-POP Conservative Pelvic Organ Pessary | IM-GYN-CPOP-065 | XSmall | 60mm | 65mm |
| | IM-GYN-CPOP-070 | Small | 65mm | 70mm |
| | IM-GYN-CPOP-075 | Medium | 70mm | 75mm |
| | IM-GYN-CPOP-080 | Large | 75mm | 80mm |
| | IM-GYN-CPOP-085 | XLarge | 80mm | 85mm |
| R-POP Ring Pelvic Organ Pessary | IM-GYN-CPOP-003 | 3 | 61mm | 61mm |
| | IM-GYN-CPOP-004 | 4 | 68mm | 68mm |
| | IM-GYN-CPOP-005 | 5 | 74mm | 74mm |
| | IM-GYN-CPOP-006 | 6 | 80mm | 80mm |
| | IM-GYN-CPOP-007 | 7 | 86mm | 86mm |
| | IM-GYN-CPOP-008 | 8 | 94mm | 94mm |
| <i>Sold in boxes of 5</i> | | | | |
| S-POP Surgical Pelvic Organ Pessary | IM-GYN-CPOP-058 | XSmall | 58mm | 45mm |
| | IM-GYN-CPOP-068 | Small | 68mm | 50mm |
| | IM-GYN-CPOP-078 | Medium | 78mm | 54mm |
| | IM-GYN-CPOP-088 | Large | 88mm | 55mm |

IMEDCARE

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