

- 4 After insertion, you should keep lying down for several minutes. Do not stand or move.
- 5 Wash your hands and the applicator thoroughly with soap and water.



Precautions

1. The pessary melts at body temperature to release the drug. In case of softening, you may put the pessary in cold water to harden before removal of the original packaging.
2. Always keep the unused medication in the original packaging.
3. It is normal to see sticky or watery discharge from the vagina after using pessary. You can use sanitary pads to absorb the leakage. Do not wash or clean the vagina right after the insertion of pessary.
4. Using vaginal pessary before bedtime allows more time for the medication to stay in the body.

5. Even if the symptoms subside, you should continue to use the vaginal pessary until the whole course is completed. Do not stop the medication during menstruation.
6. Do not use the applicator when you are pregnant, as this may stimulate uterus contraction and lead to miscarriage.
7. Avoid sexual intercourse during medication use. A condom should be used by the male partner to prevent cross-infection.
8. Promptly inform your doctor if you experience any unusual discomfort (burning or irritation) or side effects.

This guidance is for reference only.

You should always follow your doctor's instructions.
Check with your doctor or pharmacist if you have any questions.

Do not share your medications with other people.

如有任何查詢，歡迎聯絡我們
For enquiry, please feel free to contact us

藥劑部 Pharmacy

地址: 香港銅鑼灣東院道2號 聖保祿醫院

Address: St. Paul's Hospital

No. 2, Eastern Hospital Road, Causeway Bay, Hong Kong

電話 Tel: 2830 3725

網址 Website: www.stpaul.org.hk

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聖保祿醫院
St. Paul's Hospital

How to use Vaginal Pessary

藥劑部
Pharmacy



Proper use of vaginal pessary



- 1 Wash your hands thoroughly. Put on a finger cot or disposable gloves if necessary.

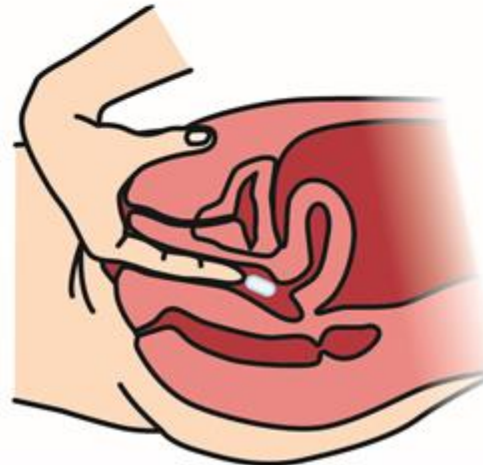


- 2 Unwrap the pessary. Lubricate the tip of the pessary with a water-based lubricant or warm water to facilitate insertion into the vagina.



3.1 With hands

Lie on the back with your legs bent and keep them apart. Insert the pessary through the vaginal opening with your fingers. Gently push the pessary into 3-5cm to prevent it from falling out.



3.2 With an applicator

Pull out the plunger. Place the blunt tip of the pessary into the conical end of the applicator. Bend your legs and gently insert the applicator into the vagina deeply as it goes comfortably. Gently push the plunger to dislodge the pessary and then remove the applicator.

