

4. After insertion you should keep lying down for several minutes. Do not stand or move. Best to administer before bedtime.
5. Clean your hands and the applicator with soap and water thoroughly.



## Precautions

1. The pessary melts at body temperature to release the drug. Therefore, if the storage temperature is higher than the body temperature, the pessary will soften and melt easily. In case of softening, you may put the pessary in cold water for hardening before removal of the original packaging.
2. Always keep the unused medication in the original packaging to avoid loss of effectiveness.
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 insertion of pessary.

4. Using vaginal pessary before sleep allows more time for the medication to stay in the vagina to provide a more long-lasting effect.
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. Applying the pessary with an applicator is not preferred in pregnant women, as this may stimulate uterus contraction and lead to miscarriage.
7. You should avoid sexual intercourse during medication use, or condom should be used by the male partner to prevent cross infection.

This guideline 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

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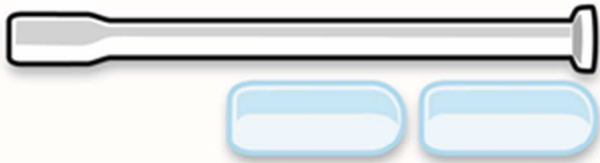


# How to use Vaginal Pessaries

藥劑部  
Pharmacy



## Proper use of Vaginal Pessaries



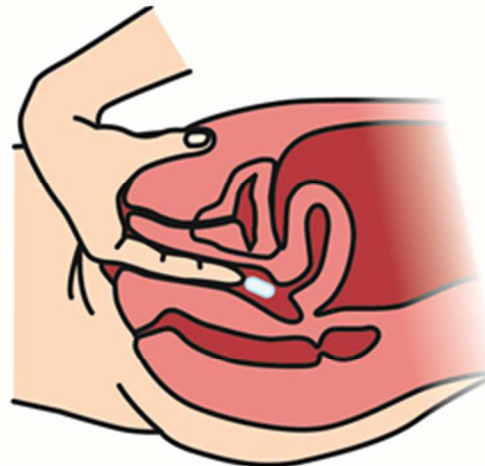
- 1 Clean your hands thoroughly with soap and water.

- 2 Lubricate the tip of the pessary with vaseline 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 index finger and middle finger. Gently push the pessary into 3-5cm to prevent it from falling out.



### 3.2 With applicator

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

