

Community Coil and Pessary Clinic (CCPC)

Patient Information Leaflet

Vaginal Ring Pessary

You have been offered an appointment at the Community Coil and Pessary Clinic (CCPC) for the fitting of a Ring Pessary and will be seen by a clinician specially trained to assess and fit pessaries. If you already have a pessary, it will be removed and replaced with a new one. If you have preference for a female clinician, please make sure we are aware of this when we book your appointment.

A Ring Pessary is a latex-free, non-sterile, donut shaped device. It comes in various sizes and this clinic uses a 12.5mm thick wall pessary as it is flexible. There is another pessary which is thin walled – this type is not used in CCPC due to its rigidity.

The Ring Pessary is used to correct utero-vaginal prolapse which is causing discomfort to patients.

The Pessary can be fitted as a temporary measure while you are waiting for an operation. However, many patients prefer it as a permanent method to control their prolapse.

Sizing and fitting the pessary is carried out by an appropriately qualified clinician. Accurate measurement of the pessary size is not possible as it is a clinical judgement and it is a trial and error process. You may feel uncomfortable during the removal and fitting of a Ring Pessary but once fitted correctly, you should not feel any discomfort and you should be able to pass urine and open your bowels without any problems.

Once the correct size of pessary is fitted, it is recommended to change the pessary every 4 to 6 months. When a pessary is removed, your vagina will be checked for any abnormalities. If you develop symptoms such as pain, irritation, abnormal or smelly discharge, or bleeding, please contact your GP.

The CCPC is a pilot service initially running from June to September 2021. If successful it may continue after this time. We will contact you in September to invite you back to the CCPC for your pessary review and replacement or to invite you to have your review with The Hillingdon Hospital Gynecology Service if the CCPC pilot ends.

If you have any problems after having a pessary fitting, please contact the CCPC Service Administrator by email or phone using the contact details above. We will update your GP that you have had an appointment with our service once your appointment has been completed.

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