

How to use your

PESSARIES



**PHARMACEUTICAL SERVICES DIVISION
MINISTRY OF HEALTH**

INTRODUCTION

Pessaries are solid pellets which are inserted into the vagina. They are usually made up of a drug and an inactive ingredient such as cocoa butter or vegetable oil.

Once inserted, the pessary warms up the body temperature and gradually dissolves, releasing the drug into the vagina.

Pessaries are usually prescribed to treat vaginal disorders.

BEFORE USING PESSARIES

Tell your doctor or pharmacist if:-

- You are allergic to any medication.
- You have any medical problem.

STORAGE

Keep all medicines in a safe away from the reach and sight of children.

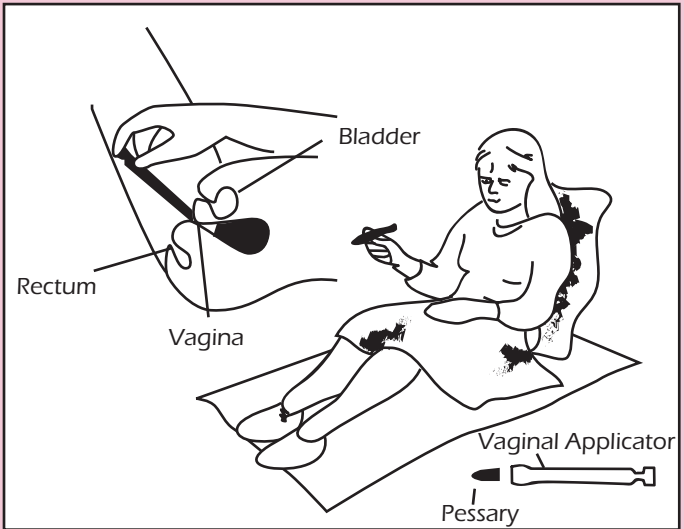
Unless otherwise directed, store your pessaries in their original container in a cool, dark place.

Do not use the pessaries after the expiry date marked on the package.

HOW TO USE PESSARY

1. Wash your hands.
2. Read the medication label.
3. Remove any foil or plastic covering from the pessary or applicator.
4. If an applicator is supplied, load it with the pessary. If you are pregnant, DO NOT use the applicator provided, but instead insert the pessary using your finger.
5. While lying down, knees bent and spread apart, gently insert the applicator (or pessary) into the vagina as far as it will comfortably go.
6. Press the plunger to deposit the pessary in the vagina and withdraw the applicator.
7. Remain lying down for about 15 minutes to avoid pessary from coming out.
8. Wash your hands again.

DEMONSTRATION



IF YOU MISS A DOSE

Take it as soon as you remember. However if it is almost time for the next dose, skip the missed dose and go back to your regular dosing schedule.

DO NOT DOUBLE THE DOSE

PRECAUTIONS

1. Pessaries may contain ingredients that can damage latex, therefore the effectiveness of contraceptive devices such as condoms and diaphragms may be reduced.
2. As a result, there is an increased risk of a condom splitting during sex and diaphragms may wear out sooner. It is recommended that latex contraceptive devices should not be used during treatment and for 3 days after stopping treatment.
3. A pessary, once broken down, may come out of the vagina. To prevent it from staining your clothes, wear a panty liner or sanitary towel.
4. You should not use a tampon as it may soak up the medication before it has had time to work. Continue to use the pessary even during your menses.
5. Wash the applicator with hot water after you have finished using it or if you need to use it for a second dose.
6. It is important that you finish using all the pessaries although you feel better.

7. If you do not feel better or your condition worsens, see your doctor again.
8. Use the pessaries according to the instructions.
9. Do not swallow the pessaries.

SIDE EFFECTS

If you experience irritation or any other side effects after using the pessaries, tell your pharmacist or doctor.

WARNING

All directions on these pages are for information purposes only. They are not instructions to use your specific medicine. Please obtain appropriate medical advice if you have any questions regarding your medicine.

Prepared by: The Committee on
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