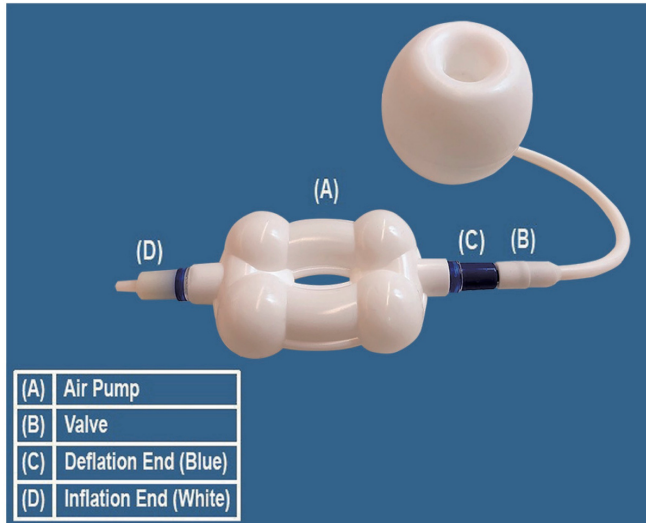


## Silicone Inflatable Donut Pessary



(A)	Air Pump
(B)	Valve
(C)	Deflation End (Blue)
(D)	Inflation End (White)

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### DEVICE DESCRIPTION

Inflatable Donut Pessary is for single-patient use silicone pessary for mild cystocele and/or rectocele associated with procidentia/prolapse. There are four different sizes available shown below. It is necessary to have available a minimum of two sizes.

SKU	ID2	ID3	ID4	ID5
Sizes	51mm	57mm	64mm	70mm
Suggested number of squeezes	1	2	3	3

### IMPORTANT

**DO NOT OVER INFLATE.** See suggested number of squeezes.

Overinflation will weaken silicone. If your pessary "balloon" out, it is an indication that it has been overinflated and you need a large size Inflatable Donut Pessary.

### FITTING INSTRUCTIONS FOR THE PHYSICIAN

- Inflatable Donut Pessary is fitted by trial and error. There are no mechanical devices available that can accurately determine the size your patient requires to obtain the desired results.
- Fitting diaphragms **should not** be used to measure the size pessary a patient need.
- Even before fitting a pessary, the patient should be informed that it is not uncommon to have to change the size more than once after being originally fitted. This is why it is so important that your patient be instructed to return within 24 hours of the initial fitting and again in 72 hours. Thereafter, re-examination every few months is recommended to ensure a proper fit is maintained as long as the patient is wearing the pessary.
- At each visit the pessary should be removed and the vaginal vault inspected for signs of allergic reaction or undue pressure.
- At the physician's discretion, the patient can be instructed in the proper removal, cleaning and reinsertion techniques for her own pessary. This process can be performed nightly by patient under ideal condition.
- A noncompliant patient should not be fitted with Inflatable Donut Pessary. It is essential that your patient understands the importance of these frequent follow-up visits and that she fully cooperates with you to ensure the desired results.

**Note:** (1) Experience has shown that in order to properly fit an

### Not made with natural rubber latex

Inflatable Donut Pessary, you should have at least one of two most commonly used sizes of this pessary (sizes 57 (ID3) and 64 (ID4)).

- The physician may suggest K-Y jelly®, Replens® or equivalent, if you need to use lubricant.

### INDICATIONS

The Inflatable Donut Pessary is effective support in second- or third-degree prolapsed, and also effective in patients with mild cystocele or rectocele associated with a procidentia/prolapsed.

Support of Inflatable Donut Pessary can be adjusted based on the its inflation level.

### CONTRAINDICATIONS

- Do not use during pregnancy because of the risk of air embolism.
- Inflatable Donut Pessary is contraindicated in acute genital tract infections, pelvic infections, endometriosis, or non-compliant patients.
- Sexual intercourse is contraindicated with Inflatable Donut Pessary in place.

### CAUTIONS

- Federal law restricts this device to be sold by or on the order of a physician.
- The device is for single patient use only. Do not share your device with others.

### PESSARY CARE

#### DO NOT AUTOCLAVE OR BOIL.

Prior to initial use, the Inflatable Donut Pessary must be washed with a mild soap and the pessary thoroughly rinsed with water and dried.

#### Note:

- The Inflatable Donut Pessary should be periodically checked for deep cracks or discoloration that make adequate cleaning impossible.

- Do not immerse air pump of Inflatable Donut Pessary in water or any solutions to avoid malfunction.

## PRIOR TO FITTING

Have the patient empty her bladder before fitting the pessary.

Ulcerations and erosions frequently occur in cases of complete prolapsed due to irritation of the exteriorized cervix.

Whenever possible, reducing the mass and treating the irritation are primary steps before using a pessary.

The Inflatable Donut Pessary is designed for ease of insertion and removal by the patient. The pessary is inserted **DEFLATED**.

## INSTRUCTION FOR USE

### STEP-BY-STEP FITTING INSTRUCTIONS FOR THIS PESSARY

Perform a normal pelvic examination before inserting or fitting of the pessary. A first approximation of size can be made by using fingers to determine the approximate width of the vaginal vault. This will generally get you within size or two of proper pessary.

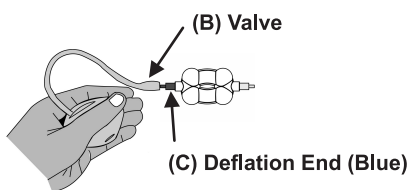
Note: If necessary, irrigate the vagina prior to insertion of the pessary. This will cleanse the vagina of excess discharge and secretions.

- Deflate the air inside the Pessary completely before insertion. (See Figure 1)

Step (1) Attach Deflation End (C) to Valve (B).

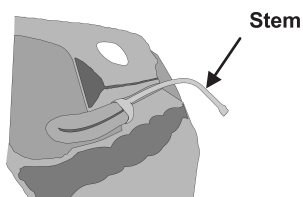
Step (2) Press the Air Pump (A) to deflate the air inside the device.

Figure 1



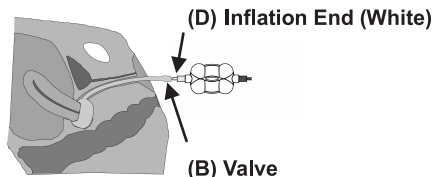
- Gently insert the clean device into the posterior vagina beneath the cervix. The stem should protrude outside the vagina. (See Figure 2)

Figure 2



- Attach the Inflation End (D) to the Valve (B) to inflate the Inflatable Donut Pessary with sufficient air as needed. (See Figure 3)

Figure 3



**WARNING: DO NOT** over inflate the Inflatable Donut Pessary to avoid causing any damage or/ and pain to the vagina.

- Detach the Inflation End (D) from the Valve (B). Gently place the stem into the vaginal vault.
- Once in place, have the patient sit, stand and bear down. Examine the patient while she is in the standing position to ensure the pessary has not shifted position. The pessary should not be too loose as it may turn or be expelled, and it should not be too tight as it may cause discomfort.
- The physician should be able to sweep on finger between the pessary and vaginal walls. If there is not enough space to do this, the next smaller pessary should be tried. If excessive space exists, the pessary will not be effective and may rotate or even be expelled.
- It is sometimes necessary to refit the patient with a different size after a period of time. Check the fitting to ensure continued patient comfort and relief of symptoms. The shelf-life of device may be used for up to three years under normal use conditions. Examine frequently for signs of deterioration.

**DO NOT** assume that replacement will always be the same size as the previous one.

## PATIENT FOLLOW-UP

Have the patient:

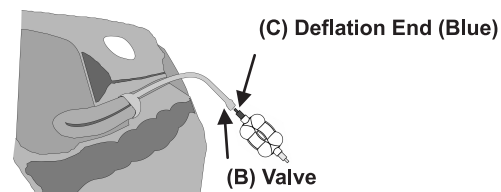
- Report immediately any difficult in urinating
- Report immediately any discomfort
- Return within 24 hours for first examination
- Return for second examination within 3 days
- Return at 4- to 6- week intervals, at which time the pessary is removed, cleaned, and if there are no contraindications, reinserted.

**Note:** Above schedule of follow-up examinations may be altered to fit the needs of the individual patient.

## Removal

- To remove the pessary, slip stem of pessary out of vagina. Attach the Deflation End (C) to Valve (B) (See Figure 4). Squeeze as suggestion then grasp the deflated pessary and withdraw.

Figure 4



**WARNING: DO NOT** pull the stem directly to remove the device from patient's vagina; this action may rupture the device.

- During each visit, the vagina should be carefully inspected for evidence of pressure or any reaction. The patient should be questioned concerning discharge, disturbance of bowel function or urination. It may be necessary to fit another size.
- At each checkup, the pessary is removed and cleaned. The pessary can be cleaned with mild soap and warm water. Rinse with water thoroughly.

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 CONSULT INSTRUCTIONS FOR USE

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