

Department of Pharmacy

How to use your Pessaries

Information for parents, and carers

Introduction

Pessaries (or vaginal tablets) are medicines which are inserted into the vagina (front passage) where they melt and release their contents.

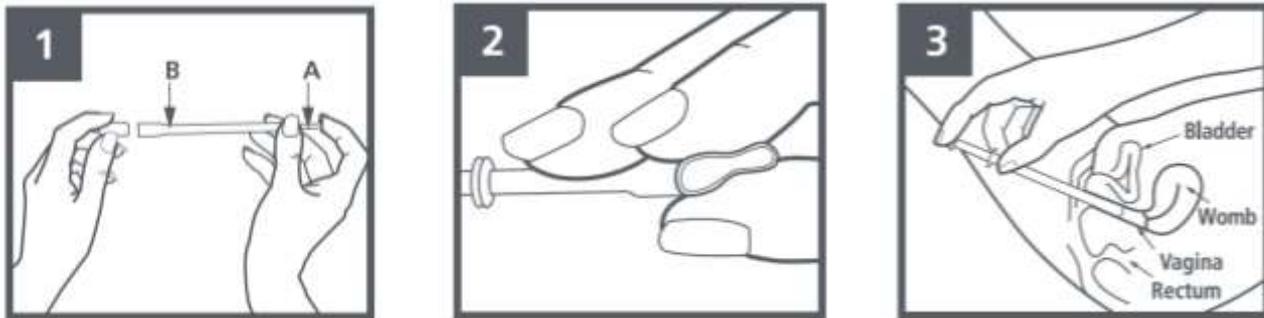


Figure 1-3: Insertion of a pessary using an applicator

Parents / carers guide for pessary use (always read the instructions on the label):

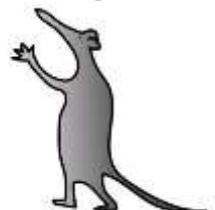
1. Wash your hands.
2. Remove pessary from plastic or foil wrapping.
3. If a plastic applicator has been supplied, place the pessary in the open end of the applicator (Figures 1 and 2).

Please note: During pregnancy the applicator should only be used on your doctor's advice.

4. Ask your child to lie on their back with their knees bent, or to squat.
5. If the pessary comes with an applicator, insert the open end of the applicator into your child's vagina as far as it will comfortably go (Figure 3). Hold the outer part of the applicator and push the plunger in to expel the pessary. Withdraw the applicator from the vagina.
6. Clean the applicator in warm water then dry it and keep it in a clean place.
7. If no applicator has been supplied, hold the pessary between your thumb and first two fingers and gently but firmly put it high into your child's vagina, narrow end first.
8. Wash your hands.
9. During their monthly period a tampon may be inserted after the pessary.

General advice about medicines:

- Never give medicines prescribed for your child to anyone else, even if their condition appears to be the same, as this could do harm. If you think someone else may have taken the medicine by accident, contact your doctor straight away.
- Make sure that you always have enough medicine. Order a new prescription at least 2 weeks before you will run out.



- Make sure that the medicine you have at home has not reached the 'best before' or 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.
- This leaflet should be read with any manufacturers' patient information. You must always discuss individual treatment with the appropriate member of staff.

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Who to contact for further details:

If you have any questions about your medication whilst you are in hospital, please do not hesitate to ask one of the Pharmacy team, alternatively you can telephone us on 0151 252 5311.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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