

**Example GP Template Letter**

Dear GP,

RE: Name

This women has attended the pelvic health physiotherapy clinic to have a vaginal pessary for prolapse fitted on XXXX.

Indications for pessary:  Management of symptomatic vaginal prolapse.

She was taught how to insert and remove a (type and size) vaginal pessary.

The patient is confident in inserting and removing her own pessary and she has chosen to self-manage.

We have discussed cleaning, frequency of pessary changes, pessary replacement and warning signs on when to contact the clinic or seek further medical advice.

Another appointment has been made in X weeks time to check the patients use of the pessary, after this we have planned to check at yearly intervals.

Yours sincerely,