A logo for a physiotherapy

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**Guidance for Pessary Emergency Care**

Recommendations for best practice:

If you are providing a pessary fitting service, we highly recommend a system is in place, whereby patients can rebook and / or communicate to seek support and help with ongoing pessary management as long as deemed appropriate and within a reasonable timescale for relative symptoms. Patients should be provided with contact information for any concerns and questions using a template like the example provided (Appendix A). This is in addition to the best practice recommendation follow-up appointment recommended within the 2021 UK Clinical Guideline for best practice in the use of vaginal pessaries for pelvic organ prolapse (POGP&UKCS, 2021), and to assist in minimising the risk of complications and the need for emergency care. Patients should be signposted to suitable services based on individual presentations and clinical reasoning.

Patients should also be made aware of what to do to support the management of acute presentations e.g., bleeding, unable to pass urine or open bowels, severe pain, or offensive discharge. The UK Clinical Guideline for best practice in the use of vaginal pessaries for pelvic organ prolapse, lists risks, complications, and actions POGP & UKCS, 2021 (Appendix B). Management of patients presenting with complications, will be determined by the scope of practice offered by the pessary fitting service and local policies. Referrals to General Practice, Consultant Led Services or Emergency Care Services must also be considered. This process should be determined by local policies and reviewed on a regular basis.

Appendix A

Example of contact form for women fitted with a pessary. To amend depending on level of support at individual service levels.

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| Hospital / Company Logo  **Non-Urgent Support**  If you have any non-urgent general concerns or questions in relation to your pessary, please call the below number during 9-5pm Monday to Friday. It may be that you are directed to booking a further appointment with the clinician that fitted your pessary.  Contact Telephone Number (available between 9am - 5pm Monday – Friday)  Please leave a message outside working hours and we will get back to you the next working day.  0151 xxxxxxx  **Urgent Support**  If you develop an acute problem (bleeding, unable to pass urine or open bowels, severe pain, or offensive discharge), please speak to your GP regarding its urgency.  Acute urinary retention requires immediate medical treatment if you cannot remove the pessary yourself.  If your GP considers it non-urgent, then please call the number above and we may direct you to booking a further appointment. |

Appendix B



References:

Pelvic, Obstetric and Gynaecological Physiotherapy (POGP) & United Kingdom Continence Society (UKCS) (2021*) ‘UK Clinical Guideline for Best Practice in the Use of Vaginal Pessaries for Pelvic Organ Prolapse’.*