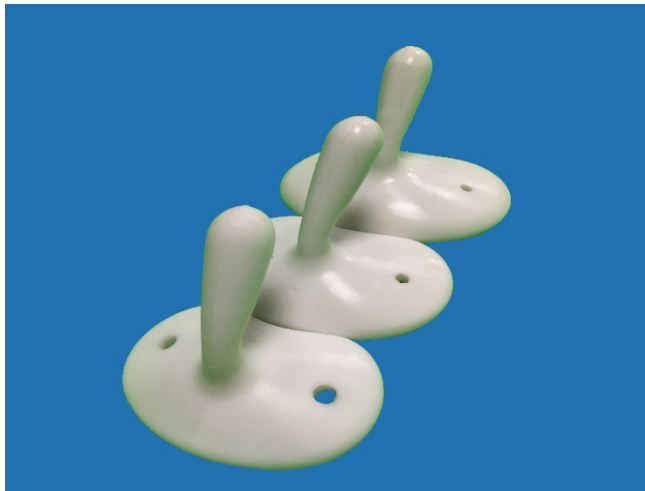




## Flexi Shelf Pessary



*Flexi Shelf Pessary*

### INDICATION FOR USE

***The Flexi Shelf Pessary is a commonly used pessary for a second or third-degree uterine prolapse or procidentia. These Pessaries are available with drains.***

***The Flexi Shelf Pessary is designed for single patient use.***

### CAUTION

The device should not be used if there is anything visible for example the crack or discoloration.

### CONTRAINDICATIONS

The pessary is contraindicated in acute genital tract infections, pelvic infections, or noncompliant patients.

### PROCEDURES

Fitting usually requires a trial of various sizes to determine the proper pessary size. Panpac Pessary Fitting Set is a valuable aid in selecting the correct pessary. A vaginal lubricant may be required for the patient's comfort before insertion of a pessary. The physician may suggest K-Y® Jelly, Replens® or Premarin®. (Premarin requires a prescription.)

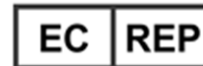
The physician should determine if the patient requires estrogen therapy before prescribing a pessary.



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**Not made with natural rubber latex.**

1. Perform a normal pelvic examination prior to the fitting and introduction of a pessary. A pelvic exam helps to determine the appropriate size.
2. A special stem with taper shape design increases the usability to hold and move the pessary. Fold the **Flexi Shelf** Pessary so that the stem with the knob is pressed flat against the disc base. To simplify insertion and removal.
3. Gently insert the folded **Flexi Shelf** through the introitus. Once the pessary has passed the introitus, slowly release the folded pessary the cervix rests behind the disc base and the tapered stem is pointing toward the anterior vaginal wall. When in the correct position, the physician should be able to insert an examining finger between the outer rim of the pessary and the vaginal wall. This spacing will insure the patient's comfort and reduce the risk of pressure necrosis.



4. Once in place, the Pessary should NOT be dislodged when standing, sitting, squatting, or bearing down. It should not be uncomfortable for the patient during any of these routine activities.
5. When fitting a **Flexi Shelf** Pessary, be sure to instruct the patient on its cleaning, insertion and removal. The patient should perform these tasks before the first follow-up visit.
6. Tell the patient to report any discomfort immediately.

## REMOVAL, CLEANING AND SUGGESTED FOLLOW-UP

1. To remove the **Flexi Shelf** Pessary, carefully move the pessary forward toward the introitue when the pessary is within reach. slowly rotate the pessary till the vacuum seal between the disc base of the pessary and the cervix is broken Grasp the taper shape stem and carefully withdraw.
2. The pessary should be removed for cleaning every day or two. The pessary can be cleaned with mild soap and warm water. (The physician may follow the suggested disinfecting procedures.)
3. Advice the patient on pessary usage during intercourse activity.
4. Discuss the importance of following instructions and the expected length of time for pessary usage.
5. Within 24 to 48 hours, be sure the patient **is not** allergic to the pessary. Examine the vagina and ask the patient if there has been any discomfort, irritation, pressure, sensitivity, or unusual vaginal discharge. Also determine if there has been any improvement in her personal symptoms.
6. Schedule follow-up visits to fit the needs of the patient.

## AVAILABLE SIZE:FLEXI SHELF

SKU	FS06	FS08	FS10	FS12
Length	57mm	64mm	70mm	76mm



CAUTION



EXPIRY DATE



BATCH CODE



CONSULT INSTRUCTION FOR USE



NOT MADE WITH NATURAL RUBBER LATEX