

# Having your ring pessary changed

**Vaginal ring pessaries are a common, safe treatment for women with prolapse of vaginal wall or the uterus, (womb). This leaflet explains what happens in the ring pessary clinic.**

## Why have I been referred to this clinic?

You are here because you have a ring pessary. This needs to be checked and changed about every six months by a trained nurse.

## What happens in the clinic?

During your appointment, the nurse will:

- Find out how you are getting on with your pessary.
- Remove your ring pessary.
- Examine you with a vaginal speculum (like having a smear test) to make sure the skin is healthy.
- Put in a new ring pessary. If there are tears in the skin you might need a few weeks break without the pessary, depending on the severity of the tears.

The nurse will sometimes ask a doctor to come and assess you for a second opinion and advice.

If you have any questions or concerns, please ask the nurse anytime during your appointment. At the end of your consultation, we will give you another follow-up appointment. We will send a letter out to you, with a copy to your GP, explaining that the nurse has seen you and what was done.

The contact details for the ring pessary clinic are:

Senior Staff Nurse Sinini Chikwiri

Tel: **0118 322 7721** or **0118 322 3008**

Sonning Ward Outpatients Department,

Level 5, Maternity Block, Royal Berkshire Hospital

Craven Road, Reading RG1 5AN.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

S Chikwiri, Snr Staff Nurse, March 2019

Reviewed: October 2023

Next review due: October 2025