Royal Berkshire
NHS Foundation Trust

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 6 months by a trained nurse. Patients who self-manage their pessaries are reviewed once a year.

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.
- If there is ulceration or erosion on your vaginal skin, depending on the severity of the skin, the pessary will not be replaced for 4-6 weeks, for optimum healing.

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

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

RBFT Gynaecology / S Chikwiri, Snr Staff Nurse, March 2019
Reviewed: January 2026. Next review due: January 2028.