Presents

Pessary range to offer your patients a better quality of life

www.candgmedicare.com
We carry a large range of pessaries. All are made from medical grade silicon, all are latex free.
We ISO13483:2003 accredited and manufacturer of Incostress and IncoLite medical devices

Please find our pessary range and recommended reading.

Prices can be found on our website.

Remember if you are an existing customer to use your loyalty code for discounts off any of items in our online shop.

We supply the NHS with our products please ask your doctor to request our NHS price list.

Always discuss your pessary needs with your health worker.

Standard terms and conditions apply please see our website.

www.candgmedicare.com
International award winning Incostress. This pessary may be used to treat stress incontinence or a mixed form of urge and stress incontinence with or without previous surgery. It supports the urethra and bladder neck.

Allows light support to the pelvic floor and allows the user to identify the pelvic floor muscles to carry out pelvic floor exercises and /or day or as preferred.

Reusable ✔
Easy to use ✔
For night and day ✔
Clinically approved ✔
No drugs ✔
No surgery ✔
Discreet ✔
Latex free ✔

One size Medical grade silicone.
28g
55mm length
25mm width
Ring Pessary

Please specify with or without membrane with your order.

The ring pessary, available with or without a supporting membrane, is primarily used for a mild first degree uterine prolapse or a cystocele.

Size Chart

0  (44mm)
1  (51mm)
2  (57mm)
3  (64mm)
4  (70mm)
5  (76mm)
6  (83mm)
7  (89mm)
8  (95mm)
9  (102mm)
Donut Pessary

The donut pessary maybe used to relieve the stress of a second or third degree uterine prolapse, a cystocele or rectocele. This pessary is often used by post-menopausal women, is easily compressed for insertion and removal.

Size Chart

0 (51mm)
1 (57mm)
2 (64mm)
3 (70mm)
4 (76mm)
5 (83mm)
6 (89mm)
7 (95mm)
Patients with grade 2 or 3 uterine prolapse are treated with the Gelhorn pessary, in cases where urethra, ring or bowl pessaries do not help.

Gelhorn Pessary is also used to relieve the symptoms of a cystocele or rectocele.
The stem knob is for easy removal.

The Gelhorn pessary is measured by the circumference of the bowl’s diameter. The height of the stem is 38mm tall and can be easily folded for easy insertion and comfort.

The stem is 4.5 cm long.

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Short Stem Gelhorn Pessary

Please indicate long or short stem when ordering

Patients with grade 2 or 3 uterine prolapse are treated with the Gelhorn pessary, in cases where urethra, ring or bowl pessaries do not help.

Gelhorn Pessary is also used to relieve the symptoms of a cystocele or rectocele
The stem knob is for easy removal.

The Gelhorn pessary is measured by the circumference of the bowl’s diameter. The height of the stem is 38mm tall and can be easily folded for easy insertion and comfort.

The stem is 3.2cm long

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Cube Pessary

*Please indicate with or without perforations when ordering*

The Cube pessary, available with or without perforations, may be used to relieve the symptoms of a cystocele or rectocele as well as a second or third degree uterine prolapse.

**Size Chart**

- 0 (25mm)
- 1 (29mm)
- 2 (33mm)
- 3 (37mm)
- 4 (41mm)
- 5 (45mm)
- 6 (50mm)
- 7 (56mm)
- 8 (63mm)
- 9 (70mm)
- 10 (75mm)
Marland Pessary

The Marland pessary, available with or without a supporting membrane, is used to relieve the symptoms of a second or third-degree Uterine prolapse, a cystocele, or a rectocele. This pessary's elevated platform may also relieve stress urinary incontinence.

Size Chart

57mm
64mm
70mm
76mm
83mm
89mm
95mm
Shaatz Pessary

The Shaatz pessary may relieve the symptoms of a cystocele as well as a second or third-degree uterine prolapse. Its convex shape insures a snug fit while the drainage holes permit easy removal.

Size Chart
Measured in millimetres
- 38mm
- 44mm
- 51mm
- 57mm
- 64mm
- 70mm
- 76mm
- 83mm
- 89mm
Gehrung/folding pessary

Support for cystocele and rectocele. Relief for a second or third-degree uterine prolapse. This pessary can be manually shaped to accommodate individual problems and anatomies.

Size Chart
- 50mm
- 55mm
- 60mm
- 65mm
- 70mm
- 75mm
- 80mm
- 85mm
- 90mm
- 95mm
Hodge with/without support pessary

The malleable Hodge pessary, available with or without a supporting membrane, is commonly used for a first or mild second-degree uterine prolapse and may also relieve a cystocele. These pessaries, designed to be manually formed for individual fitting.

Helpful in cases of repeated miscarriage due to an incompetent cervix by repositioning the weight of the growing foetus.

Size Chart

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Cerclage Pessary

Cerclage Pessaries can prevent cervical incompetence and, thereby, late abortion or premature delivery without surgical intervention.

Cerclage Pessaries can prevent cervical incompetence and, thereby, late abortion or premature delivery. Nowadays this riskless therapy is an alternative to surgical intervention. Both methods show a success rate of 80 - 90 %.

Cerclage Pessaries can be securely placed due to their bowl shape and curvature heights of 17, 21 or 25 mm. Cerclage pessaries are inserted by an obstetrician, depending on the diagnostic findings, after approx. week 16. Cleansing or replacement is required depending on clinical or bacteriological fluoric findings.

Inserting the Cerclage Pessary

- The pessary can easily be folded and inserted without pain. Before the application, it is recommended to exclude and treat if necessary cervical or vaginal infection. In general, Cerclage pessaries should have a height of 17-25mm in singleton and a height of 25-30mm in twin or multiple pregnancies or pregnant patients with complaints of prolapse.

- The width of the upper and lower diameter should be chosen depending on the individual constitution of the pregnant patient.
Cerclage Pessary Type A (non perforated)

To support the cervix in pregnant patients either with complaints of prolapse (painful "downward pressure" during standing and walking) the pregnant woman exposed to physical strain (eg. Standing for a long time) and/or in patients with threatening preterm labour (funnelling/short cervical length).

Cerclage pessaries are classified according to:

- The lower larger diameter - 65mm or 70mm
- The height - 17mm, 21mm, 25mm or 30mm
- The diameter of the upper hole - 32mm or 35mm

Size Chart

<table>
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<th>Code</th>
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Code
MedA Cerc nonperf (then the size you require)
Cerclage Pessary Type ASQ (perforated)

To support the cervix in pregnant patients either with complaints of prolapse (painful "downward pressure" during standing and walking) the pregnant woman exposed to physical strain (eg. Standing for a long time) and/or in patients with threatening preterm labour (funning/short cervical length). Perforations for drainage.

Cerclage pessaries are classified according to;

The lower larger diameter - 65mm or 70mm
The height - 17mm, 21mm, 25mm or 30mm
The diameter of the upper hole - 32mm or 35mm

Size Chart
65/17/32
65/17/35
65/21/32
65/21/35
65/25/32
65/30/35
65/25/35
65/17/32
70/17/35
70/21/32
70/21/35
70/25/32
70/25/35

Code
MedA Cerc perf (then the size you require)
Cerclage Pessary Type (perforated) with lubricant

*Cerclage Pessaries can prevent cervical incompetence and, thereby, late abortion or premature delivery without surgical intervention.*

The sizes refer to inside diameter / outside diameter / height.

**Contents of delivery**
1 Pessary with manual
1 Ladysoft Lubricant and manual

The sizes refer to inside diameter / outside diameter / height.

**Code**
MedBCerc perf (then the size you require)

**Size Chart**
- 32/65/17
- 32/65/21
- 32/65/25
- 32/70/17
- 32/70/21
- 32/70/25
- 35/65/17
- 35/65/21
- 35/65/25
- 35/65/30
- 35/70/17
- 35/70/21
- 35/70/25
As a prophylaxis and as therapy for possible premature delivery.

Among the possible causes of a premature birth is the so-called cervical insufficiency: The cervix is shortened and opens prematurely. Most often this occurs between the 4th and 6th month of pregnancy and can have various causes. Sometimes it is a consequence of a previous difficult birth or an abortion. Similarly, infections or uterine surgery can cause cervical insufficiency. Another possible reason is multiple birth pregnancies, which often cause a stretching of the cervix, too.

The Cerclage & Support Pessary, patented by Dr Hamann and Dr Jorde, is used as a prophylaxis and as therapy for possible premature delivery.

In the case of cervical incompetence the Cerclage & Support Pessary takes the pressure off the cervix by supporting it, and a cerclage operation can, thereby, be avoided.
Cerclage Pessary Hamann & Jorde
with lubricant

Mechanism of action:
The Cerclage & Support Pessary constricts the cervix, the central opening fixes the cervix and pushes it backwards. By supporting the cervix, pressure is taken off it. Intrauterine pressure is shifted to the front wall of the uterus due to the tilted dorsoventral pessary position and sacralization of the cervix uteri.

At the same time the Cerclage & Support Pessary ensures a formation or reshaping of the shortened and partly open cervix. Due to the collective impact of all of the previously mentioned, the lower pole is protected.

The size refers to diameter, length, width and height of the pessary.

Code
MedBCerc H&J(then the size you require)

Size Chart
Sz.I - Ø 30mm
59/57/14mm

Sz.II - Ø
35mm
76/70/14mm

Sz.III - Ø
35mm
83/80/14mm
Thick Ring Pessary

Preferably older patients with decencsus and a mild form of prolapse without severe incontinence. An intact pelvic floor is required for an effective therapeutic success of this pessary.

Sizes range from 50 to 100 mm in 5mm increments. The pessary with the smallest diameter that supports the pelvis should be prescribed.

Code
MedA TR (then the size you require)
Ring Pessary

The silicone ring pessary contains a steel spring filling to keep its shape and may be used in patients with complaints of slight problems of descensus/prolapse and a mild form of incontinence. An intact pelvic floor is required for an effective therapy of this pessary. In addition it can prevent the development of stress incontinence by its sub urethral support.

Sizes range from 50 to 100 mm in 5mm increments. The pessary with the smallest diameter that supports the pelvis should be prescribed.

Size Chart

- 50mm
- 55mm
- 60mm
- 65mm
- 70mm
- 75mm
- 80mm
- 85mm
- 90mm
- 95mm
- 100mm

Code
MedA Ring (then the size you require)
Urethra Pessary

This pessary may be used to treat stress incontinence or a mixed form of urge and stress incontinence with or without previous surgery. The pelvic floor supports the pessary. The pessary consists of an aluminium ring inside the medical grade silicone pessary to keep its shape. The thicker part of the pessary is for support to the urethra.

This pessary can be administered and removed by the patient herself.

Sizes range from 45 to 100 mm in 5 mm increments. The urethra pessary with the smallest diameter that supports the pelvis should be prescribed.

Code
MedA UP (then the size you require)
Cramer Pessary with lubricant

For treating stress incontinence as well as ailments caused by descent of the vagina, uterus or bladder.

Cramer Pessaries are designed for treating stress incontinence (involuntary leakage of urine) as well as ailments caused by descent of the vagina, uterus or bladder. Descents like this can be caused by e.g. pregnancy or giving birth, postmenopausal hormone deficiency or an inherent weakness of the connective tissue.

Treatment with pessaries combined with pelvic floor exercise and, if necessary, oestrogen-containing creams can permanently improve conditions.

The two thickenings of the upper edge of the pessary elevate the bladder neck and thereby prevent involuntary leakage of urine when the abdominal pressure is increased during movements like e.g. coughing.

A precondition to being allowed to use a Cramer Pessary is that no vaginal operation, that includes a vaginoplasty, has been performed, so that the pelvic floor is at least somehow stable. Further Information
The Cramer Pessary has an integrated metal spring for stabilization.

Contents of delivery
1 Pessary with manual
1 Ladysoft Lubricant with manual

Code
MedB Cram(then the size you require)
Hodge Pessary

The Hodge pessary is made from medical grade silicone on and a semi ridged aluminium inner to allow for shaping to suit the patient uniquely. The Hodge Pessary is only used in cases with stress incontinence, if ring pessaries are not tolerated because of anatomical aberrations, frequently caused by previous surgery.

It aids the elevation of the retroflexed uterus was the primary goal, an indication which has lost its significance.

The Hodge pessary is characterised by the ring shaped diameter. Sizes range from 55 to 95 mm diameter in 5mm increments. The final shape is about 10 mm longer than the diameter.

Code
MedA Hodge (then the size you require)
Patients with grade 3 or 4 prolapse of vagina and uterus are treated with the club pessary, in cases where urethra, ring or bowl pessaries do not help, and where a cube pessary might increase stress incontinence.

The club pessary is measured by the circumference of the bowl’s diameter.

The sizes range from 50 to 90mm in 5mm increments. The club pessary with the smallest diameter that supports the prolapse should be prescribed.

Size Chart

- 50mm
- 55mm
- 60mm
- 65mm
- 70mm
- 75mm
- 80mm
- 85mm
- 90mm

Code
MedA club(then the size you require)
Club Pessary – with lubricant

*For treating severe prolapse. Equipped with a shaft which prevents tilting and slipping.*

A descent of the pelvic floor or prolapse occurs when organs leave their accustomed place. Normally, the uterus and vagina are attached by connective tissue tape-style and by a strong shell around the vaginal wall at the bony pelvis. With a weakening of the pelvic floor muscles, connective tissue structures give way, so the vagina falls down. The position of bladder and rectum can be affected. About one in three women over 45 years suffer from a more or less severe form of such a genital prolapse. A conventional method of treatment with pessaries (selected by the physician) can resolve many of the symptoms.

The Club Pessary is made from special medical silicone and was developed for treating severe prolapse. It has proved very successful in past years. It is equipped with a shaft which prevents the ring from tilting and slipping.

After about three weeks, a smaller Pessary should be inserted as the lower vaginal tissue shrinks relatively fast. Often the pessary can be replaced by a cube after a couple of weeks. Insertion and removal of the Club Pessary is more difficult than with any other pessary.

### Size Chart

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### Code

*MedB club (then the size you require)*
Bowl Pessary

This Bowl pessary may be used in patients with complaints of less severe prolapse. Ideal for grade 1 prolapse where the pelvic floor can act as support for the pessary.

Sizes range from 55 to 95 mm in 5 mm increments. The pessary with the smallest diameter that supports the pelvis should be prescribed.

Bowl pessaries are also available with perforations for drainage.

Code
MedA bowl (then the size you require)
Sieve Bowl Pessary

Mild forms of pelvic relaxation and prolapse. In patients with a cystocele the pessary supports both the medial and the lateral defect. An intact pelvic floor is required for an effective therapeutic success of this pessary.

Sizes range from 55 to 95 mm in 5 mm increments.

The sieve bowl pessary with the smallest diameter that supports the pelvis should be prescribed.

Code
MedA SB
(then the size you require)
Cube Pessary

Due to the concave shaped surface the non perforated cube pessary creates a suction effect which is effective for patients with severe prolapse of a vaginal and/or uterine prolapse, where the pelvic floor is too weak to support ring pessaries.

Cube pessaries are suitable for expanding the vagina before vaginal operations to stimulate local blood supply if coated with oestrogen cream.

The patient is in complete control as she is able to remove the cube as and when she feels necessary.

Sizes are measured according to the length of edges:

- 25mm
- 29mm
- 32mm
- 37mm
- 41mm
- 45mm

Also available with perforations for drainage of discharge

Code
MedA cube (then the size you require)
Specify if you require perforations
Tandem Cube Pessary

The tandem pessary comprises of two cubes one slightly smaller than the other. Used to treat patients with severe uterine or vaginal vault prolapse.

The tandem pessary may be considered when the vagina cannot retain a single cube pessary. In cases where the pelvic floor is too weak to retain Incostress the tandem may be useful to treat stress incontinence.

Sizes are measured according to the length of edges: -

Also available with perforations for drainage of discharge

Code
MedA Tancube (then the size you require)
Specify if you require perforations
Vaginal or uterus prolapse and/or incontinence, when regular pessaries don't achieve satisfactory results

Sizes range 65 / 75 / 85 mm
The pessary with the smallest size that stops the prolapse should be used

Code
MedA Gott (then the size you require)
How to insert Gottinger Pessary

1. Preparation with oestrogen cream or lubrication

2. Insert into the vagina

2. Inflate

3. Position and remove bulb
Hold It Sister by Mary O’Dwyer Australia’s leading physiotherapist

164 pages self help book about total pelvic floor control. Written in a way you won’t forget

- Proven to help with:
  - Incontinence control
  - Easier childbirth
  - Improve intimate relations
  - Tighter pelvic floor muscles

Recommended by the medical profession for every woman to read

Product code HIS
Pelvic Organ Prolapse by Sherrie Palm

Hardback cover 130 pages self help no nonsense, easy to understand about living with pelvic organ prolapse and how to deal with it.

Product code POP

Recommended by the medical profession for every woman to read
Pfilates by Mr. Bruce Crawford
USA Key Opinion Leader urogynaecologist

The Pfilates program is designed to provide a “plyometric advantage” in pelvic floor conditioning. Plyometrics describes a type of training that involves contracting in rapid sequence a muscle that is already partially engaged. Plyometric training has the effect of synchronizing the nerve impulse to a muscle so as to facilitate a stronger and more rapid contraction.

In Pfilates each movement is performed as a series of repetitions followed by a sustained hold at the point of peak pelvic floor engagements. Pfilates movements automatically cause some degree of contraction of the pelvic floor; even if one is unable to perform any type of voluntary pelvic floor contraction (Kegel exercise).

The third phase of each movement is a “pulse phase” at which time participants are asked to add a voluntary pelvic floor contraction as rapidly and forcefully as possible. Although the Pfilates movements are smooth and graceful the pulse phase should involve a rapid and forceful contraction and release of the pelvic floor muscles. This is the element of the program that provides the plyometric advantage that will best restore the type of pelvic floor function needed to resolve and prevent stress urinary incontinence.

Includes, Ball, DVD and book

Product code PF001
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