

Dear Patient

You have recently seen a health care professional about vaginal prolapse. (A vaginal prolapse happens when the muscles and tissues that support the pelvic organs become weakened, allowing the bladder, womb or bowel to drop down and create a bulge in the vagina).

They have referred you to the **Nurse-Led Pessary Clinic** to learn about using and managing a pessary yourself. (A vaginal pessary is a small device that sits inside your vagina. This is to help with symptoms of vaginal prolapse)

We have enclosed a leaflet about pessaries, including self-managed pessaries, for you to read before your appointment.

If you would like to discuss this option, please attend the appointment shown on the attached letter.

If you do not wish to attend, please contact us to cancel the appointment on ☎ **0800 592 087**.

Kind Regards,
Urogynaecology Team