



EvaCare<sup>®</sup>

Medical Grade Silicone Pessaries

  
personalmed  
*advancing pelvic health<sup>®</sup>*



Personal Med's mission is to advance the pelvic health of women with voiding disorders and/or prolapse. Many of these women are not good surgical candidates; they may not be healthy enough, their problem may not be severe enough or they may simply prefer a non-surgical option. Also, surgery is not without risks – anyone with a television has heard of the serious complications related to the use of vaginal mesh. Medications have limitations as well. The current generation of anticholinergics has extremely high discontinuance rates due to dry mouth and other side effects.

At Personal Med, we are strong advocates of conservative therapies. They can be very effective, have few risks and do not preclude subsequent clinical options. Also, surveys show that most women with pelvic problems prefer to at least start with a conservative therapy. We urge you to consider:

- Pessaries for your patients with prolapse and/or urinary incontinence. A well-placed pessary can achieve clinical results comparable to surgery, without comparable risk.
- Biofeedback and/or stimulation for your patients with any type of incontinence (stress, urge/OAB, mixed UI or fecal). They are the best documented, most effective conservative treatments available.
- Vaginal weights for your post-natal patients and those who want to self-manage their UI. This is the simplest and least expensive way to ensure that they perform pelvic muscle exercises correctly.

Conservative therapies can also be empowering for many women, motivating them to be more actively and positively engaged in all aspects of their own health care.



# EvaCare®

Medical Grade Silicone Pessaries

*Not all pessaries are alike – You can feel the difference*



EvaCare pessaries are made of soft and pliable medical-grade silicone and can be more easily inserted and removed than other brands of pessaries. A variety of types and sizes are available in order to account for different anatomic needs. All are white so you can readily distinguish them from tissue when they need to be removed.



P/N FS1000

## Fitting Kit

This is a set of six ring pessaries in different sizes. Following a normal pelvic examination to determine the most appropriate type and size of pessary for an individual patient, the Fitting Kit can aid in selecting the proper pessary size. It comes with a cross-reference chart that translates ring size into the corresponding size of other pessary types. Fitting Kit rings can be disinfected in any of three ways: autoclaved, boiled or cold sterilized.

## Ring



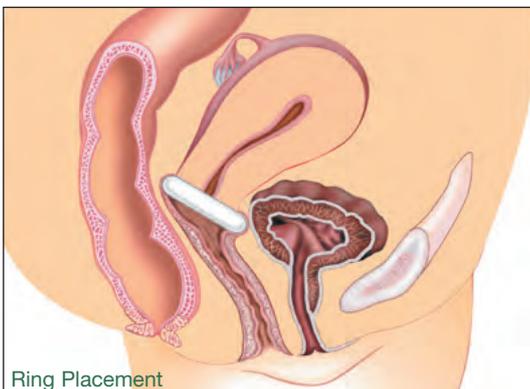
The Ring pessary, available in nine sizes, both with and without support, is a very common pessary for a first to second degree prolapse. The Ring with Support can also be used on an accompanying cystocele. Insertion is eased with the folding action of the Ring.

Sizes Without Support		Sizes With Support	
R2.00 #1	R3.25 #6	R2.00S #1	R3.25S #6
R2.25 #2	R3.50 #7	R2.25S #2	R3.50S #7
R2.50 #3	R3.75 #8	R2.50S #3	R3.75S #8
R2.75 #4	R4.00 #9	R2.75S #4	R4.00S #9
R3.00 #5		R3.00S #5	

*“Not only does the EvaCare Ring pessary support a mild uterine prolapse and a cystocele, but it can also be helpful when used as a diagnostic device during urodynamic testing. The Ring can help to show what effect surgery may have as well as what type of surgery will be most beneficial for the patient. The pessary can act as a surgical facsimile predicting the need for anti-incontinence surgery.”*

-David Chaikin, M.D.

Morristown Urology Northeastern Urological Associates



Ring Placement

## Oval



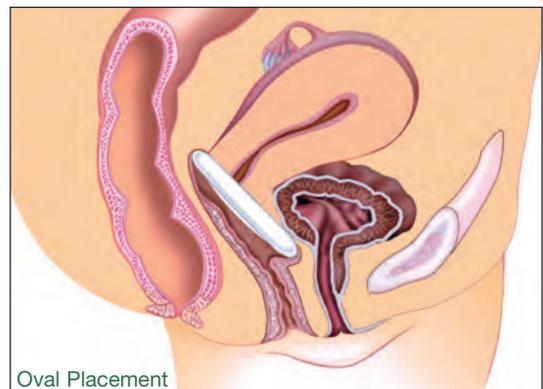
The Oval pessary performs the same function as the Ring pessary but it is designed specifically to fit a narrow vaginal vault. It is available in nine sizes, all with support, and is used for a first to second degree prolapse as well as an accompanying cystocele.

Available Sizes	
OV2.00S #1	OV3.25S #6
OV2.25S #2	OV3.50S #7
OV2.50S #3	OV3.75S #8
OV2.75S #4	OV4.00S #9
OV3.00S #5	

*“The Oval pessary works extremely well in women with a prior history of vaginal surgery, resulting in scarring and in some cases, palpable sutures from anterior repair or bladder suspension procedures. Where a round pessary is too wide, the Oval pessary fits well and is comfortable and effective.”*

-Rita Martel, R.N., A.N.P.

University of Colorado Health Science Center



Oval Placement

## Dish

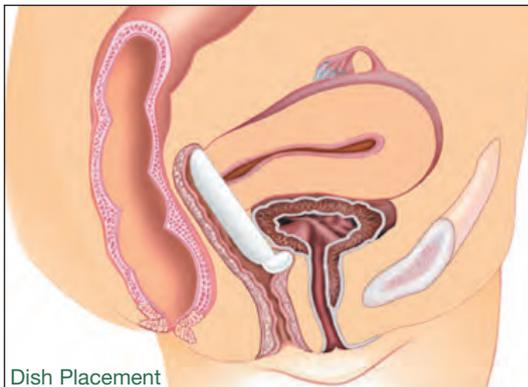


The Incontinence Dish is used to relieve stress incontinence and minor degrees of prolapse. The Incontinence Dish comes with and without support. It is available in eight different sizes.

Sizes Without Support		Sizes With Support	
DSH50 #0	DSH70 #4	DSH50S #0	DSH70S #4
DSH55 #1	DSH75 #5	DSH55S #1	DSH75S #5
DSH60 #2	DSH80 #6	DSH60S #2	DSH80S #6
DSH65 #3	DSH85 #7	DSH65S #3	DSH85S #7

*"The Incontinence Dish is designed to provide bladder neck support as well as to support a cystocele. It is easy to fit, stays in place and some patients have actually left the office dry!"*

-Diane A. Smith, R.N., M.S.N., C.R.N.P.  
Northeastern Urological Associates



Dish Placement

## Cube

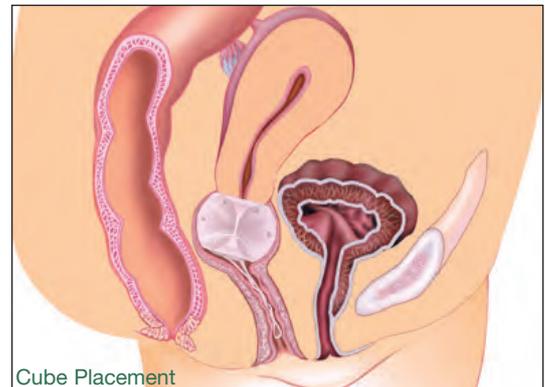


The Cube pessary is designed for third degree prolapse, including procidentia, as well as a cystocele and rectocele. The Cube pessary is available both with and without drainage holes and has a silicone tie to aid in removal. The Cube pessary is available in eleven sizes.

Sizes with Drainage Holes		Sizes without Drainage Holes	
CU25D #0	CU50D #6	CU25 #0	CU50 #6
CU29D #1	CU56D #7	CU29 #1	CU56 #7
CU33D #2	CU63D #8	CU33 #2	CU63 #8
CU37D #3	CU70D #9	CU37 #3	CU70 #9
CU41D #4	CU75D #10	CU41 #4	CU75 #10
CU45D #5		CU45 #5	

*"A Cube pessary may be used in women with either a very small or a large introitus due to its malleability. It is a very versatile pessary, but it should be used cautiously."*

-G. Willy Davila, M.D., F.A.C.O.G.  
Cleveland Clinic Florida



Cube Placement

## Gellhorn

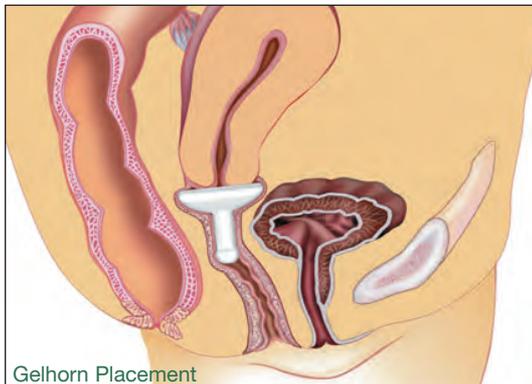


The Gellhorn pessary is used for a second to third degree prolapse, or procidentia. It has drainage holes in its base and comes in nine sizes. The knob of the Gellhorn easily folds over for insertion, and once in place rests on the posterior vaginal wall.

Available Sizes			
G1.50D	#0	G2.75D	#5
G1.75D	#1	G3.00D	#6
G2.00D	#2	G3.25D	#7
G2.25D	#3	G3.50D	#8
G2.50D	#4		

*"The Gellhorn pessary is my first choice for women with more advanced pelvic organ prolapse. It is easy to insert and remove, and allows for self-care. This device is also less likely to be expelled."*

-Penny Jenkins R.N.C., B.S.N., W.H.C.N.  
Colorado Gynecology & Continence Center



Gellhorn Placement

## Donut

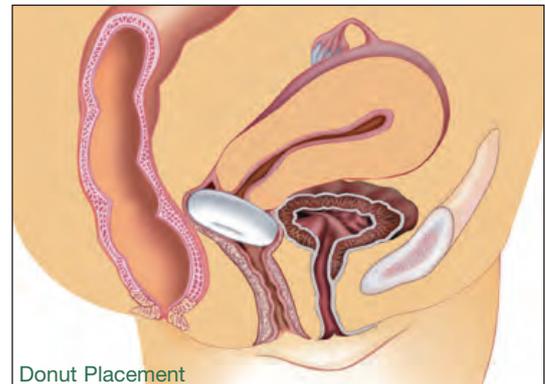


The Donut pessary is designed for third degree prolapse as well as cystocele and rectocele. The soft donut can be compressed for insertion. It is available in seven sizes.

Available Sizes			
D2.00	#0	D3.00	#4
D2.25	#1	D3.25	#5
D2.50	#2	D3.50	#6
D2.75	#3	D3.75	#7

*"I often use the Donut pessary on my patients with severe prolapse who are not immediately appropriate for surgery. It works well in a vaginal vault with little or no support, the type commonly found in older, post-menopausal women."*

-G. Willy Davila, M.D., F.A.C.O.G  
Cleveland Clinic Florida



Donut Placement

## Shaatz



The Shaatz pessary, available in nine sizes, is used for second to third degree prolapse and an accompanying cystocele.

Available Sizes			
SH1.50	#0	SH2.75	#5
SH1.75	#1	SH3.00	#6
SH2.00	#2	SH3.25	#7
SH2.25	#3	SH3.50	#8
SH2.50	#4		

*"The Shaatz pessary is versatile because it will help alleviate symptoms from uterine prolapse and cystocele. The convexity of its shape provides a snug fit. Additionally the design with the drainage ports allows easier removal by the patient who is dexterous enough to maintain her own pessary."*

-Charlotte Kelley, G.N.P., A.R.N.P.  
Des Moines, IA



Shaatz Placement

## Mar-Land

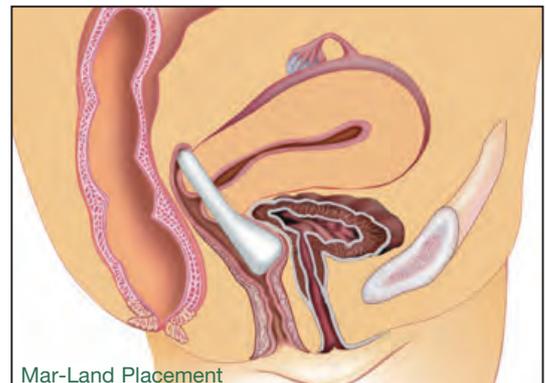


The Mar-Land is used for stress incontinence and minor prolapse. It is available both with and without support in seven different sizes.

Sizes Without Support		Sizes With Support	
M2.25	#2	M3.25	#6
M2.50	#3	M3.50	#7
M2.75	#4	M3.75	#8
M3.00	#5	M3.00S	#5
		M2.25S	#2
		M2.50S	#3
		M2.75S	#4
		M3.25S	#6
		M3.50S	#7
		M3.75S	#8

*"The Mar-Land pessary offers excellent support for moderate to extensive cystocele, as well as providing support for the bladder neck in managing stress incontinence."*

-Rita Martel, R.N., A.N.P.  
University of Colorado Health Science Center



Mar-Land Placement

## Hodge



The Hodge folding pessary has wires that allow it to be manually shaped for different anatomies. It can be used for a first to second degree prolapse, cystocele, stress incontinence and an incompetent cervix or uterine retroversion. It is available in ten sizes both with and without support. Because of the shapable wires, the Hodge pessary must be removed during x-ray, ultrasound and MRI.

Sizes Without Support			Sizes With Support		
HD65	#0	HD90 #5	HD65S #0	HD90S #5	
HD70	#1	HD95 #6	HD70S #1	HD95S #6	
HD75	#2	HD100 #7	HD75S #2	HD100S #7	
HD80	#3	HD105 #8	HD80S #3	HD105S #8	
HD85	#4	HD110 #9	HD85S #4	HD110S #9	

*“Consider a Hodge pessary for a young, reproductive age woman with stress incontinence, who prefers conservative therapy.”*

-G. Willy Davila, M.D., F.A.C.O.G  
Cleveland Clinic Florida



Hodge Placement

## Gehring



The Gehring pessary has wires that allow it to be manually shaped for different anatomies. It is used to support both cystoceles and rectoceles as well as second to third degree uterine prolapse. It is available in nine sizes. Because of the shapable wires, the Gehring pessary must be removed during x-rays, ultrasounds and MRIs.

Sizes With Support			
GH50S	#0	GH75S	#5
GH55S	#1	GH80S	#6
GH60S	#2	GH85S	#7
GH65S	#3	GH90S	#8
GH70S	#4		

*“The Gehring pessary’s flexibility and adaptability makes it an excellent choice for support of significant cystocele and rectocele, especially in cases of associated procidentia.”*

-Mary C. Dupont, M.D., F.A.C.S.  
Bethesda, MD



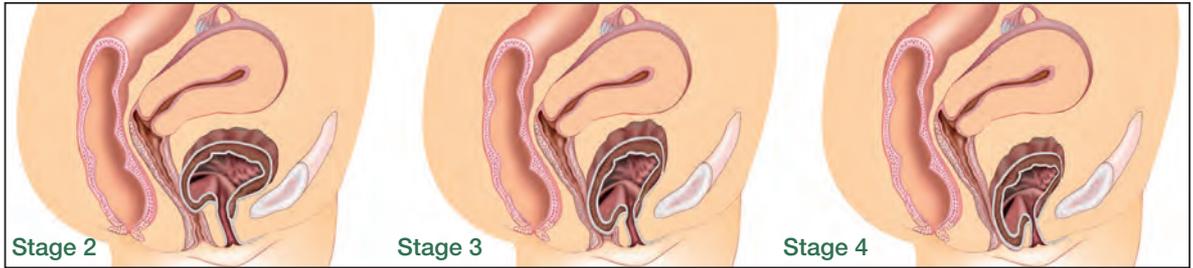
Gehring Placement

# EvaCare Pessary Guide

Pessary Type	Prolapse		Cystocele	Rectocele	Stress Incontinence	Retro Displacement	Incompetent Cervix	Coitus with Pessary In
	1 <sup>st</sup> -2 <sup>nd</sup> Degree	2 <sup>nd</sup> -3 <sup>rd</sup> Degree						
Ring	■		■					Yes
Oval	■		■					Yes
Shaatz		■	■					Yes
Dish		■	■		■			Yes
Mar-Land		■	■		■			Yes
Gellhorn		■	■	■				No
Donut		■	■	■				No
Cube		■	■	■				No
Gehrung		■	■	■				Yes
Hodge	■		■		■	■	■	Yes

## Degrees of Prolapse

### Cystocele



### Rectocele



### Uterine Prolapse





## Pessary Care Guidelines

The most appropriate type and size of pessary for an individual patient should be determined based primarily on physical findings, but also on patient preference, i.e. ease of self-insertion/removal, ability to have vaginal intercourse, etc. A Fitting Kit can also aid in selecting the proper pessary size.

All of the EvaCare pessaries fold or compress to ease insertion and removal. Fitting instructions for each style of pessary are included in the pessary package and should be followed.

Patients should be instructed on pessary insertion and removal, as well as cleaning procedures as outlined in the package insert. Patients should be instructed to report any discomfort immediately and regular follow-up visits should be scheduled.

A properly fit pessary should be large enough to perform its designed function but not cause any undue pressure or discomfort. The clinician should be able to insert a finger between the outer rim of a properly fitted pessary and the vaginal wall.

All EvaCare pessaries are contraindicated in patients who have acute genital tract infections, pelvic infections or are non-compliant.

Pessaries can be disinfected by any of the following procedures:

1. Autoclave at 15 lbs. of pressure at 250°F / 121°C for a period of 10 minutes.  
DONUT PESSARIES CANNOT BE AUTOCLAVED
2. Boil for 15 minutes.
3. Cold Sterilize with Cidex (Johnson & Johnson) or Chlorophenyl (Bard-Parker), then thoroughly rinse with water.



## Additional Educational Materials

Clinical DVD featuring Dr. G. Willy Davila of Cleveland Clinic, Florida - Call 866-839-9260 for your free copy

Also available, The Use and Care of Pessaries (patient brochure)



# Your Complete Source for Pelvic Muscle Rehab

## Aware™ Series Instruments

Aware EMG wireless 2-channel EMG biofeedback system with modern, easy-to-use software, including Beyond Kegels™ protocols.

Aware PFS clinical-grade pelvic floor stimulator with protocols for treatment of urge, stress and mixed urinary incontinence.



## StepFree™ Vaginal Weights

Clinical-grade quality in an OTC Product (Quantity discounts)

## Internal Sensors and More



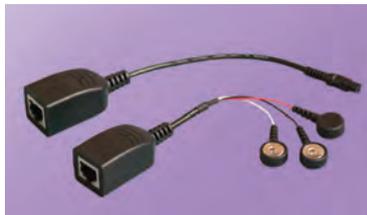
**SenseRx™ Anal and Vaginal Sensors.** The “Quality Standard” for EMG and stimulation.



**IVS-2™ Intravaginal Sensor**  
The most comfortable female sensor for EMG.



**MEP™ Anal Sensor**  
The smallest EMG sensor measures 2 channels at once.



**Sensor Adaptors** allow use of Personal Med sensors with most commercially available EMGs.



**Surface Electrodes**  
Highest quality – won't pull hair!

# EvaCare®

## Medical Grade Silicone Pessaries



Ring



Oval



Shaatz



Gellhorn



Dish



Mar-Land



Hodge



Gerhrung



Donut



Cube

*EvaCare formerly available from:*

**Coloplast**

*and*

**MENTOR**

*Now manufactured or distributed by:*

**personalmed**  
*advancing pelvic health*®

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