

Pessary Cleaning and Disinfectant Guide

Pessary Removal

The pessary should be removed for cleaning every day or two. Remove the pessary by carefully moving the pessary forward toward the introitus. When the pessary is within reach, compress the pessary and carefully withdraw.

Cleaning Pessaries

The pessary may be cleaned with mild soap and warm water.

Disinfecting Pessaries

There are three procedures to choose between for disinfecting silicone pessaries:

Option 1: Autoclave at 15 lbs. of pressure at 250°F or 121°C for a period of 10 minutes. DONUT PESSARIES CANNOT BE AUTOCLAVED.

Option 2: Cold sterilize with Cidex from Johnson & Johnson or Chlorephenyl from Bard-Parker, then thoroughly rinse with water.

Option 3: Boil for 15 minutes.