

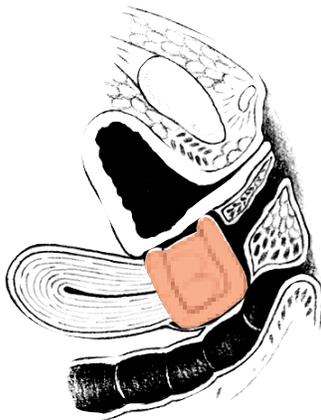
# Milex™ Gehrung Pessary



The folding silicone Milex Gehrung Pessary is designed for patients with a cystocele, with or without mild rectocele that is complicated by stress urinary incontinence.

“If a cystocele or rectocele accompanies the third-degree uterine prolapse, a Gehrung pessary—which rests along the anterior vaginal wall like a bridge—may be the most helpful. The Gehrung can be manually molded to fit each patient.”<sup>1</sup>

The Gehrung has malleable wires incorporated in the edge of the pessary that allow the device to be manually shaped to accommodate different anatomies. The pessary is designed to support both cystoceles and rectoceles as well as second to third degree prolapse. The Gehrung pessary is more appropriate in cases where a cystocele tends to slip out when other pessaries are used. It derives its support from the remnants of the levator sling, laterally. This avoids pressure on the rectum which, especially in older patients, may cause difficulty with normal bowel action. The Gehrung pessary also provides broad support under the bladder and prevents the descent of the uterus. It does not interfere with vaginal douching or coitus.



The Gehrung is also available with knob and stabilizes the urethrovaginal junction.

- **Insertion:** Fold pessary and insert into the vagina with both heels parallel to the pelvic floor, left heel first. Push pessary past the introitus and then turn the pessary gradually by pushing the right heel back and pulling the left heel forward. Keep both heels parallel to the pelvic floor during the entire fitting. Gradually push the back arch over the cervix in the anterior fornix and the front arch behind the symphysis pubis. Note: In fitting the GEHRUNG with KNOB pessary, the knob should rest so that it supports the urethrovesical junction.
- **Removal:** Gradually push back arch off the cervix while turning the pessary. Pull one heel forward while pushing the other heel back. Fold pessary with arch up, gently pulling the pessary, one heel first through the introitus, keeping both heels parallel to the pelvic floor

The Gehrung pessary is available in nine sizes. Because of the shapeable wires, the Gehrung pessary must be removed during x-rays, ultrasounds and MRIs.

<sup>1</sup> Reviews in *Obstetrics and Gynecology*, Vol. 3 No.1 2010 “Pessary Use in Pelvic Organ Prolapse and Urinary Incontinence.” By Keisha A. Jones, MD, Oz Harmanli, MD

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