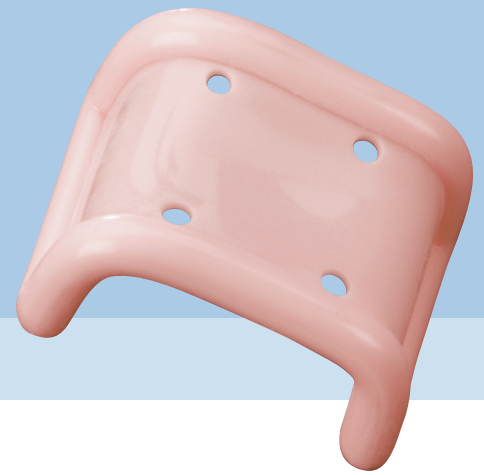
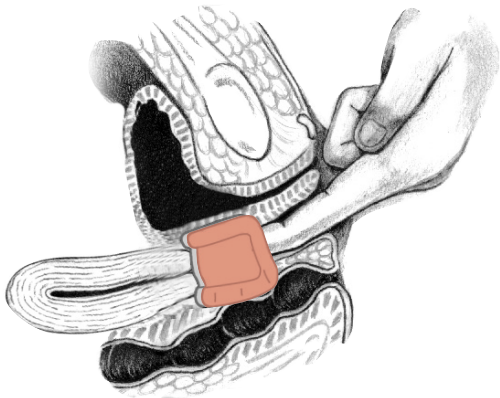


Milex™ Regula Pessary



The folding silicone Milex Regula Pessary is designed to support first and second degree uterine prolapse and helps prevent the prolapse from expelling the pessary.

The Regula pessary incorporates a unique principle that helps solve the problem of expulsion, which is frequently encountered with other prolapse pessaries. The pressure exerted by the prolapsed uterus/cervix on the flexible, anatomically-adjusting arch or bridge of the Regula automatically spreads the heels outward, thereby helping prevent the expulsion of the pessary.



It is absolutely essential to have an assortment of sizes of the Regula pessary available before even attempting to fit this type of pessary. The flexibility of the bridge, which alters the support dimensions of the pessary, must be balanced with the size of the patient's vaginal vault and the degree of uterine prolapse.

The patient should be forewarned that it may be necessary for her to be refitted several times. Any additional time expended in the proper fitting of the Regula is rewarded with the knowledge that your patient is receiving the needed support for her prolapse, allowing her to continue her daily activities without fear of expelling her pessary.

- **Insertion:** Fold pessary by bringing right and left heels together. Use one finger of the opposite hand to press down on the perineum. With both heels compressed, guide pessary into vagina. Keep heels compressed. Position the arch of the pessary so that the cervix rests behind the arch. Once in position, release the pessary. The sides of the support web will be positioned along the vaginal walls. When the proper size of Regula pessary is in place, the flanging outward of the right and left heels will help prevent it from being expelled
- **Removal:** Bring both heels of pessary together. Use one finger of opposite hand to depress perineum. If necessary, lubricate proximal edge of pessary. Keeping the Regula pessary compressed, gently withdraw pessary from the vagina.

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

CooperSurgical

203.601.5200 | 800.243.2974 | coopersurgical.com | 95 Corporate Dr. | Trumbull, CT 06611
Also on YouTube at www.YouTube.com/CooperSurgical

©2011 CooperSurgical, Inc.

Form #81999 • 06/11