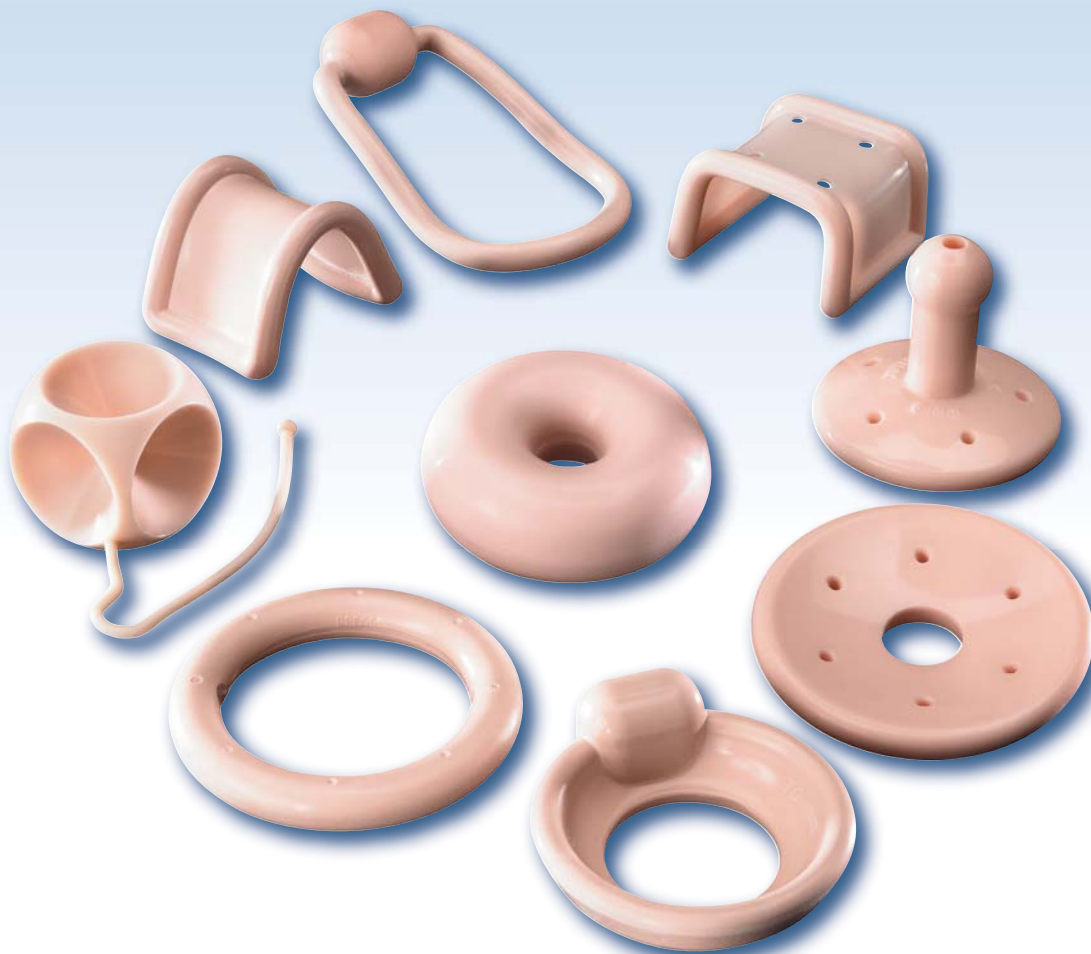


# MILEX™ Pessary Reference Guide


















# Pessaries for Incontinence and Pelvic Organ Prolapse



*The Support Your Patient Needs...  
...the Quality You Depend On!*

Cooper Surgical

## Pessary Selection Chart\*

Condition and Selection Criteria	Procedentia					Stress Incontinence	Retro Displacement	Incompetent Cervix	Most Common Sizes	Ease of Insertion/ Removal	Sexual Activity	Product Image
	Prolapse			Cystocele	Rectocele							
	1 -2°	3 - 4°	Vaginal Wall									
Ring	X								2 1⁄2 - 3 ¾"	Easy	X	
Ring with support	X			X					2 1⁄2 - 3 ¾"	Easy	X	
Ring with support and knob	X			X		X			2 1⁄4 - 3 1⁄2"	Easy	X	
Shaatz	X								2 1⁄4 - 3"	Medium	X	
Incontinence Dish	X					X			65 - 80 mm	Easy/Medium	X	
Dish with support or Hodge with support	X			X		X			65 - 80 mm	Easy/Medium	X	
Regula	X		X	X	X				1 1⁄4 - 1 1⁄2"	Easy/Medium		
Donut		X		X	X				2 1⁄2 - 3 1⁄4"	Medium/Difficult		
Gellhorn		X							2 1⁄4 - 3"	Difficult		
Inflatoball		X		X	X				2 1⁄4 - 2 1⁄2"	Easy	X	
Cube, Tandem Cube		X	X	X	X				1 ¾ - 1 ¾"	Medium	X	
Gehrung		X		X	X				1 ¾ - 1 ¾" x 2 - 2 ¾"	Medium/ Difficult		
Gehrung with knob		X		X	X	X			1 ¾ - 1 ¾" x 2 - 2 ¾"	Medium/ Difficult		
Incontinence Ring						X			2 1⁄4 - 3 1⁄2"	Easy	X	
Hodge with knob	X					X		X	3 1⁄4 - 3 ¾" x 1 15⁄16 - 2 1⁄4"	Easy/ Medium	X	
Hodge with knob and support	X			X		X		X	3 1⁄4 - 3 ¾" x 1 15⁄16 - 2 1⁄4"	Easy/ Medium	X	
Smith, Hodge, Risser	X						X	X	3 1⁄2 - 4 1⁄2" x 2 1⁄4 - 2 5⁄8"	Easy/ Medium	X	

\*Reference Paper to AAFP paper.

*We recently used the CooperSurgical Milex Gehrung pessary on a number of patients who underwent hysterectomies years ago and suffer from vault prolapse. These patients prefer nonsurgical treatment and to our delight, the Gehrung works like a charm and my patients are happy and grateful!"*

**Jonathan Y. Song, MD**  
TLC Medical Group, St. Charles, IL

# MILEX™ Brand Pessary Product Offerings

P = Prolapse I = Incontinence



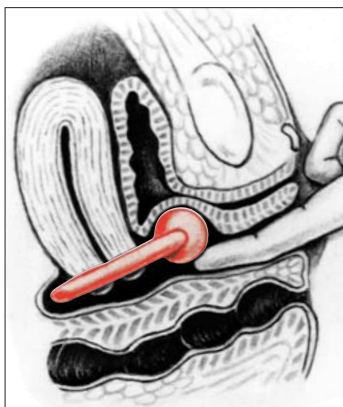
## Ring/folding

For mild prolapse

Product Item No. MXKPER + Size



P



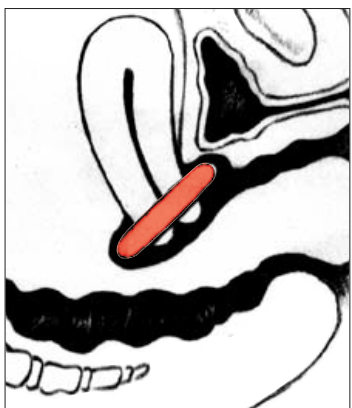
## Ring with knob/folding

For mild prolapse complicated by stress urinary incontinence

Product Item No. MXKPERK + Size



PI



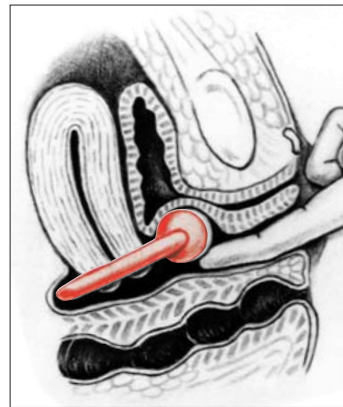
## Ring with support/folding

For mild prolapse complicated by a mild cystocele

Product Item No. MXKPRS + Size



P



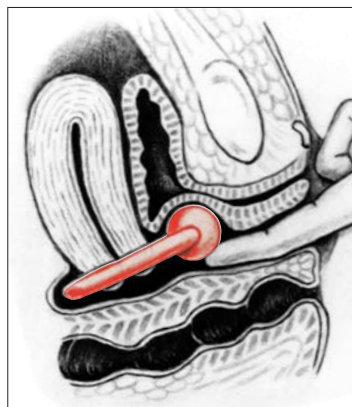
## Incontinence ring/flexible

For stress urinary incontinence

Product Item No. MXKPCON + Size



I



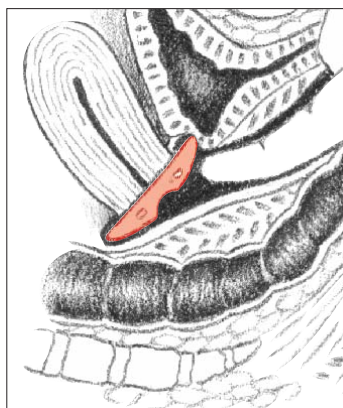
## Ring with support and knob/folding

For mild prolapse complicated by a mild cystocele and stress urinary incontinence

Product Item No. MXKPRSK + Size



PI



## Shaatz/folding

For mild prolapse complicated by mild cystocele

Product Item No. MXKPSH + Size



P



## Incontinence Ring MXKPCON

Size	in.	mm
0	1 3/4"	44
1	2"	51
2	2 1/4"	57
3	2 1/2"	64
4	2 3/4"	70
5	3"	76
6	3 1/4"	83
7	3 1/2"	89
8	3 3/4"	95
9	4"	102
10	4 1/4"	108
11	4 1/2"	114
12	4 3/4"	121
13	5"	127

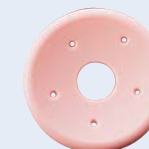
Diameter



## Ring with support — MXKPRS

Size	in.	mm
0	1 3/4"	44
1	2"	51
2	2 1/4"	57
3	2 1/2"	64
4	2 3/4"	70
5	3"	76
6	3 1/4"	83
7	3 1/2"	89
8	3 3/4"	95
9	4"	102
10	4 1/4"	108
11	4 1/2"	114
12	4 3/4"	121
13	5"	127

Diameter



## Shaatz — MXKPSH

Size in inches	mm
1 1/2"	38
1 3/4"	44
2"	51
2 1/4"	57
2 1/2"	64
2 3/4"	70
3"	76
3 1/4"	83
3 1/2"	89
3 3/4"	95

Diameter



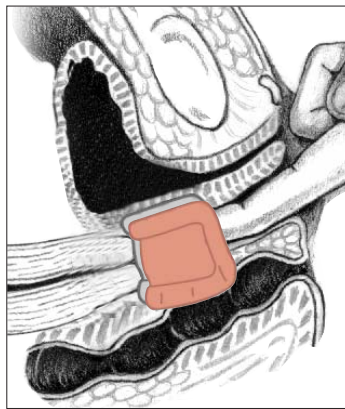
### Donut

Support for third degree prolapse/procidentia. Not to be deflated during insertion or removal. See Inflatoball if a deflatable pessary is necessary

Product Item No. MXKPDO + Size



P



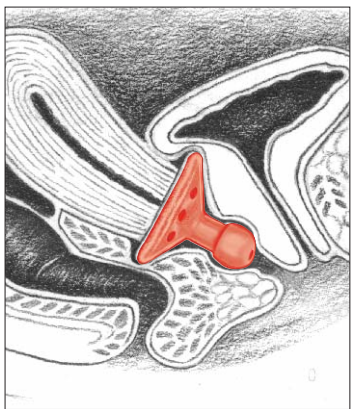
### Regula/folding

For uterine prolapse (1st and 2nd degree)

Product Item No. MXKPREG + Size



P



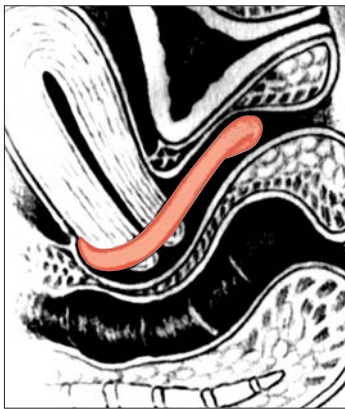
### Gellhorn/flexible

For third degree prolapse/procidentia

Product Item No. MXKPGE + Size



P



### Hodge/folding

For stress urinary incontinence for a woman who has a very small vaginal introitus. Product Item No. MXKPEH + Size



I



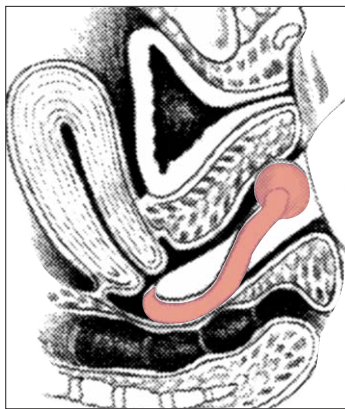
### Hodge with support/folding

For stress urinary incontinence with a mild cystocele for a woman who has a very small vaginal introitus

Product Item No. MXKPHS + Size



I



### Hodge with knob/folding

For stress urinary incontinence in the woman who has a small vaginal introitus

Product Item No. MXKPEHK + Size



I



### Donut — MXKPDO

Size in inches	mm
2"	51
2 1/4"	57
2 1/2"	64
2 3/4"	70
3"	76
3 1/4"	83
3 1/2"	89
3 3/4"	95

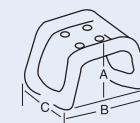
Diameter



### Gellhorn — MXKPGE

Size in inches	mm
1 1/2"	38
1 3/4"	44
2"	51
2 1/4"	57
2 1/2"	64
2 3/4"	70
3"	76
3 1/4"	83
3 1/2"	89
3 3/4"	95

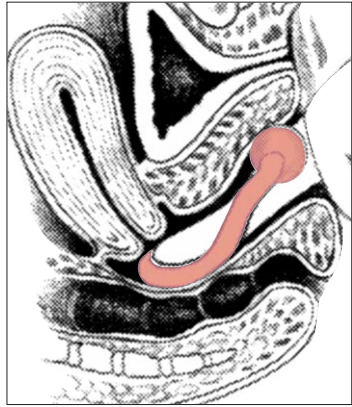
Diameter



### Regula — MXKPREG

Size	in.(A)	in.(B)	in.(C)	mm(A)	mm(B)	mm(C)
0	1"	1 15/16"	1 3/8"	25	49	35
1	1 1/16"	2"	1 1/2"	27	51	38
2	1 1/8"	2 1/8"	1 5/8"	29	54	51
3	1 1/4"	2 3/16"	1 3/4"	32	56	44
4	1 3/8"	2 1/4"	1 7/8"	35	57	48
5	1 7/16"	2 3/8"	2"	37	60	51
6	1 1/2"	2 5/8"	2 1/8"	38	67	54
7	1 5/8"	2 7/8"	2 1/4"	41	73	57
8	1 3/4"	3 1/8"	2 3/8"	44	79	60

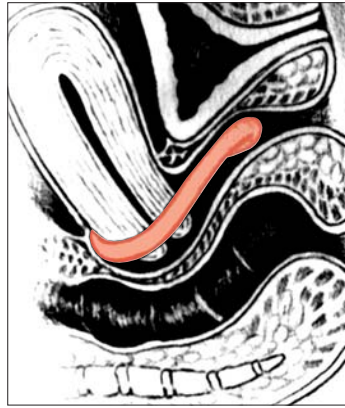
**NOTE:** Shaded areas show the minimum assortment necessary to fit approximately 85% of patients.



### Hodge with support and knob/folding

For stress urinary incontinence complicated by a mild cystocele in the woman who has a small vaginal introitus

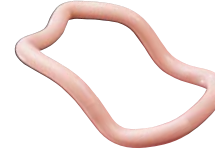
Product Item No. MXKPHSK + Size



### Risser/folding

Designed for patient with shallow pubic notch. Has larger weight bearing zone to support vaginal aspects of pubis. Helpful in cases of repeated miscarriages due to an incompetent cervix by repositioning the weight of the growing fetus

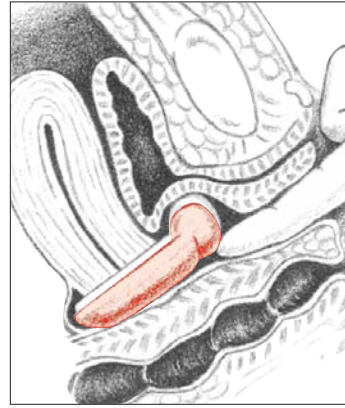
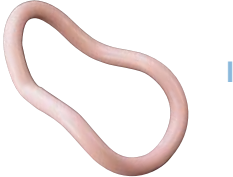
Product Item No. MXKPRI + Size



### Smith/folding

Modification of HODGE pessary. For stress urinary incontinence designed for patients with a well defined pubic notch. Helpful in cases of repeated miscarriages due to incompetent cervix by repositioning the weight of the growing fetus

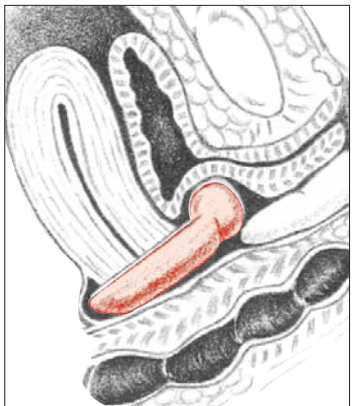
Product Item No. MXKPES + Size



### Incontinence dish/folding

For stress urinary incontinence with mild prolapse

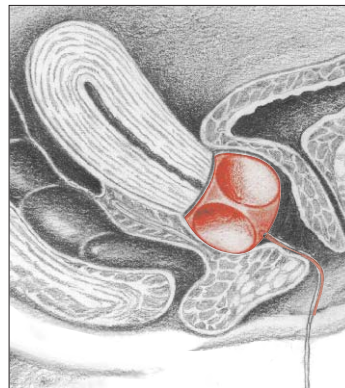
Product Item No. MXKPCOND + Size



### Incontinence Dish with support/folding

For stress urinary incontinence with mild prolapse and mild cystocele

Product Item No. MXKPCONDs + Size



### Cube

Support for third degree prolapse /procidentia. Should be removed nightly

Product Item No. MXKPEC + Size

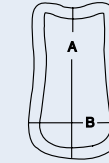
Cube with Drainage Holes also available.

Product Item No. MXKPECH + Size



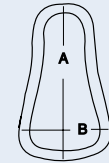
### Hodge — MXKPEH

Size	in.(A)	in.(B)	mm(A)	mm(B)
0	2 3/4"	1 3/4"	70	44
1	3"	1 7/8"	76	48
2	3 1/4"	1 15/16"	83	49
3	3 1/2"	2"	89	51
4	3 5/8"	2 1/8"	92	54
5	3 3/4"	2 1/4"	95	57
6	3 7/8"	2 3/8"	98	60
7	4 1/4"	2 1/2"	108	64
8	4 5/8"	2 5/8"	117	67
9	5"	2 3/4"	127	70



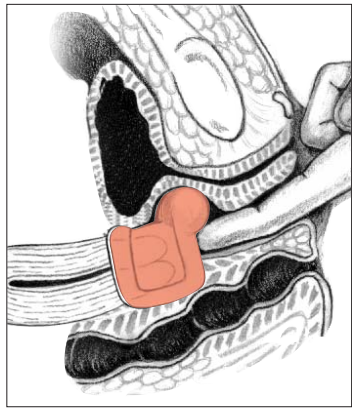
### Smith — MXKPES

Size	in.(A)	in.(B)	mm(A)	mm(B)
0	3 1/8"	2"	79	51
1	3 1/4"	2 1/8"	83	54
2	3 1/2"	2 1/4"	89	57
3	3 3/4"	2 3/8"	95	60
4	4 1/4"	2 1/2"	108	64
5	4 1/2"	2 5/8"	114	67
6	4 3/4"	2 3/4"	121	70
7	5"	2 7/8"	127	73
8	5 1/2"	3"	140	76
9	5 3/4"	3 1/8"	146	79



### Incontinence Dish MXKPCOND

Size mm
55
60
65
70
75
80
85
Diameter

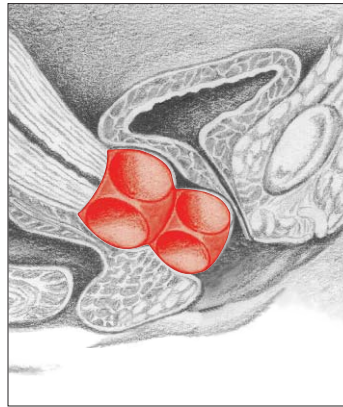


### Gehrung with knob/folding

For cystocele with or without mild rectocele complicated by stress urinary incontinence  
Product Item No. MXKPGSK + Size



I

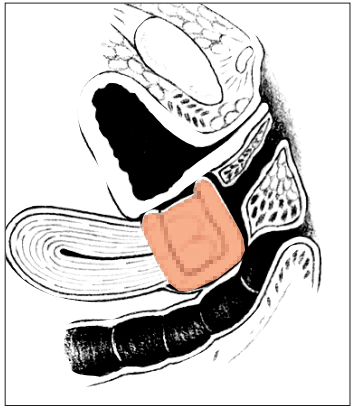


### Tandem-Cube

Support for third degree prolapse/procidentia when single cube (above) provides inadequate support. Should be removed nightly  
Product Item No. MXKPECT + Size



P

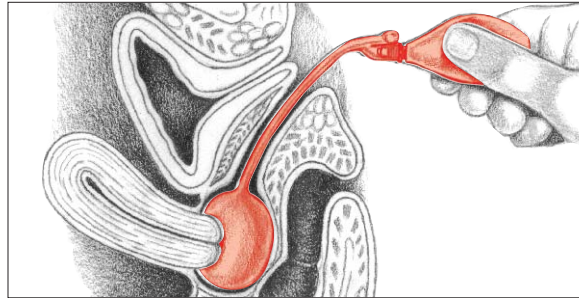


### Gehrung/Folding

Support for cystocele and rectocele. It is also more adaptable in cases of procidentia where the uterus tends to herniate when other pessaries are used  
Product Item No. MXKPGS + Size



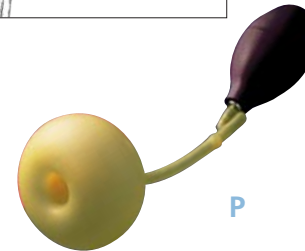
P



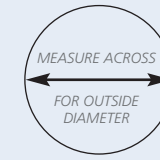
### Inflatoball™ 100% Latex

Inflatable (Latex) for third degree prolapse/procidentia with or without mild cystocele and/or rectocele. Should be removed nightly.

Product Item No. MXKPINF + Size

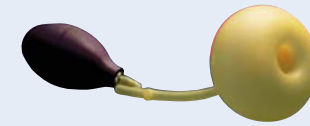


P



### Cube — MXKPEC

Size	in.	mm
0	1"	25
1	1 3/16"	30
2	1 3/8"	35
3	1 1/2"	38
4	1 5/8"	41
5	1 3/4"	44
6	2"	51
7	2 1/4"	57



### 100% Latex Inflatoball — MXKPINF

Size	in.	mm
S	2"	51
M	2 1/4"	57
L	2 1/2"	64
XL	2 3/4"	70

Diameter



### Trimo-San Vaginal Jelly

Part Number	Description	Size
MX5030	Trimo-San Jelly with Jector	4 oz
MXAPP	Jector Replacement	

Has not been tested for use during pregnancy.

### Abbreviated information:

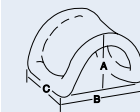
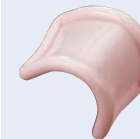
Prepared for the normal pH4 of the vagina, Trimo-San helps restore and maintain the normal vaginal acidity and coats the walls of the vagina with a lubricating film that helps reduce odor-causing bacteria.

Trimo-San is a recommended adjunct for pessary wearers. For complete information, see product enclosure.



### Gehrung — MXKPGS

Size	in.(A)	in.(B)	in.(C)	mm(A)	mm(B)	mm(C)
0	1 1/16"	1 1/2"	1 3/8"	27	38	35
1	1 1/8"	1 3/4"	1 1/2"	29	44	38
2	1 3/8"	2"	1 5/8"	35	51	41
3	1 1/2"	2 1/8"	1 3/4"	38	54	44
4	1 5/8"	2 1/4"	1 7/8"	41	57	48
5	1 3/4"	2 3/8"	2"	44	60	51
6	1 7/8"	2 1/2"	2 1/8"	48	64	54
7	2"	2 7/8"	2 1/4"	51	73	57
8	2 1/8"	3"	2 3/8"	54	76	60
9	2 1/4"	3 1/8"	2 1/2"	57	79	64

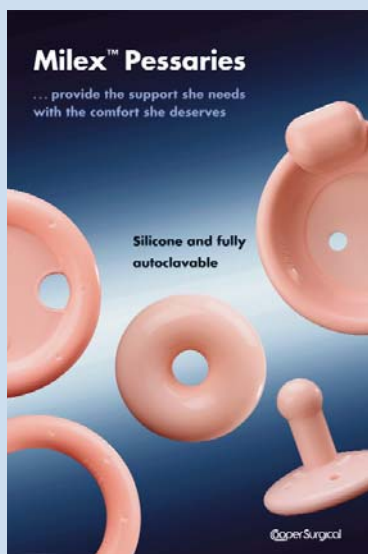


Pessaries are the preferred choice for women who may prefer to avoid surgery or have medical contraindications.

#### Pessaries...

**The perfect non-invasive solution for assessing or resolving pelvic organ prolapse and stress incontinence issues**

The pessary is a safe and effective device used to manage a number of gynecologic issues including pelvic support defects and stress urinary incontinence. The pessary was designed to reposition the appropriate organs to improve the woman's ability to manage her prolapse condition and/or control the timing of her urine flow thus regaining her quality of life. The market leading Milex silicon pessaries come in a wide variety of configurations to permit the optimal fit for your patients' needs.



As a non-surgical tool to manage the situation Milex pessaries have no peer. The device is inexpensive and easily managed. It also **provides the opportunity to assess which surgical approach if any will improve the patient's condition before going to a surgical solution.**

**Physicians can use pessaries to assess symptoms and assist in determining surgical options.**

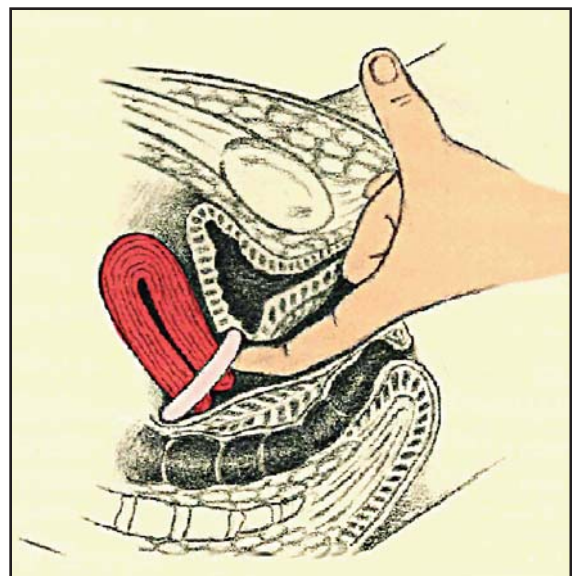
*"After 2 months, 92% of women with a successful pessary fitting trial were satisfied. Nearly all prolapse symptoms resolved after 2 months; 50% of urinary symptoms improved..."<sup>1</sup>*

<sup>1</sup> American Journal of Obstetrics & Gynecology Volume 190, Issue 4 , Pages 1025-1029, April 2004

## Pessary Fitting Process

Proper fitting of the pessary will most likely require the patient to try several pessary shapes and sizes. Once a complete pelvic examination has been performed, the physician should start with an common shape and size to determine the fit and effectiveness. Once the correct shape is determined, the largest pessary that the patient can comfortably wear is usually the most effective.

The examiner's finger should pass easily between the pessary and the vaginal wall. The physician should check the pessary to be sure that the intended function is met. When the indication of the pessary is for stress urinary incontinence, the patient should cough to test for any leakage of urine.





CooperSurgical is the leading company dedicated to providing medical devices and procedure solutions that improve health care delivery to women regardless of clinical setting. Our company is fostering that position through expansion of its core businesses and introduction of advanced technology-based products which aid clinicians in the management and treatment of commonly seen conditions.

203.601.5200 | 800.243.2974 | [coopersurgical.com](http://coopersurgical.com) | 95 Corporate Dr. | Trumbull, CT 06611