**Pessaries (mechanical devices) for managing pelvic organ prolapse in women: a Cochrane systematic review**

**What are the benefits and risks of pessaries for pelvic organ prolapse?**

### Evidence assessed
- **Randomised trials:** 4 all in high-income countries
- **Women with various stages of prolapse:** 498

### Results
- **Pessaries versus no treatment**
  - **Symptom improvement:** Uncertain evidence
  - **Adverse events:** Not reported

- **Pessaries versus pelvic floor muscle training (PFMT)**
  - **Symptom improvement:** Uncertain evidence
  - **Adverse events**: May be higher risk with pessaries (low certainty)

- **Pessaries + PFMT versus PFMT alone**
  - **Symptom improvement:** Probably better with pessaries + PFMT (moderate certainty)
  - **Adverse events**: May be higher risk with pessaries + PFMT (low certainty)

*Adverse events* may include abnormal vaginal bleeding, discharge, urinary incontinence or vaginal irritation.

### Limitations
- Few women took part in the trials
- Lack of evidence for:
  - complete resolution of symptoms
  - psychological outcomes
- Uncertainty about trade-off between adverse events and possible benefit

### Conclusion
- Using a pessary alongside PFMT may be more beneficial than PFMT alone.
- Future studies should investigate other comparisons:
  - Pessaries versus other active treatments
  - Pessaries added to other active treatments
  - Different types of pessaries compared to each other

**Evidence up to date:** January 2020