



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

Evidence assessed

4

**Randomised trials**  
all in high-income countries

498

**Women**  
with various stages of prolapse



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)

\* discharge, urinary incontinence or vaginal irritation

### 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)

\* Abnormal vaginal bleeding

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**