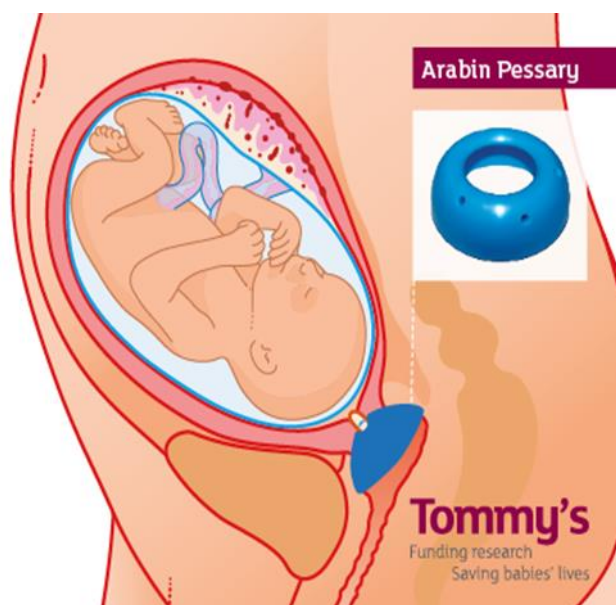


'Arabin' Cervical Pessary

Information for Women, Midwives and Doctors

The 'Arabin' cervical pessary has been developed to treat women with a short cervix to reduce the chance of going into preterm labour.



How does it work:

The cerclage pessary consists of high-quality silicone. It is elastic and can be folded and thus be inserted without pain. The pessary is not meant to close the cervix but rather to support it to prevent it from shortening and then dilating (opening). The pessary sits at the top of the vagina and is moved into place so that the cervix sits inside it.

If your membranes rupture (waters break) seek medical attention to REMOVE the pessary. Please contact Antenatal Triage 01282 804213.

Advantages

Quick and easy to insert. It can be done following transvaginal (TV) ultrasound scan if the cervix appears to have shortened.

Once the pessary is correctly sited most women cannot feel it.

It is still safe to have speculum examinations, swabs for infection and internal (transvaginal) scans with the pessary in place.

You will not need to have any anaesthetic or pain relief for insertion or removal of the pessary.

Disadvantages

Most women will have increased vaginal discharge, this may be quite watery. **This discharge can be very heavy, but it is not a sign of infection.**

Follow up transvaginal scans may be a little bit more difficult to assess the cervix as you are trying to measure above and below the pessary.

Not as much evidence based research for effectiveness currently compared to the cervical stitch.

Removal

To remove the pessary you will be lying comfortably on a bed.

The doctor will perform a vaginal examination to assess the position of the pessary and the cervix.

The doctor may need to gently push the cervix back through the centre of the pessary applying continuous pressure.

Hooking one finger through the outer and then inner diameter hole in the pessary and sliding this finger around the back of the pessary the doctor will guide the pessary down over the cervix and remove it completely from the vagina.

If you have any concerns please contact Antenatal Triage 01282 804213

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Author: PPTB Team

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