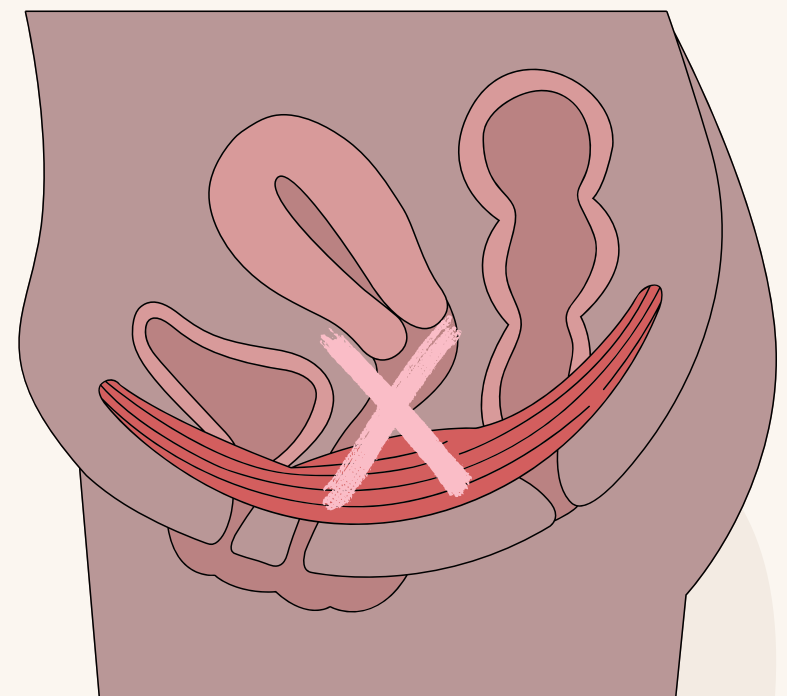


# Signs & Symptoms of Pelvic organ Prolapse

You may be aware of some changes in your genitalia or lower abdominal/pelvic area. Some of these changes may be due to Pelvic organ prolapse.

**Here's what to look out for:**

- Heaviness in the vagina
- A bulge that you feel/see in the vagina
- Urinary stream changes
- Bowel motion changes
- A dragging down feeling



If you're experiencing any of these symptoms, consult your doctor for an assessment, guidance and support. It's important to know that you can get help to improve symptoms.



This is for educational purposes only but can be used to spark conversation with your healthcare provider.

If you think you might have a pelvic organ prolapse, this is what you need to tell your doctor.

1. What symptoms you are experiencing and concerned about.
2. How long you have been experiencing these symptoms.
3. Whether there is a difference in symptoms at different times of the day e.g. morning vs afternoon.
4. Any changes you have noticed in the vagina or vulva and tissues of those areas (this can be what you feel / see).
5. Any changes or concerning symptoms that you noticed with regards to your bladder function (especially stream changes / incontinence).
6. Any changes or concerning symptoms to your bowel function.
7. Any impact your symptoms have on your sexual function.

If your doctor confirms that you have a prolapse, this is what you need to ask them about treatment.

1. What are your treatment options?
2. Should you use a local oestrogen cream on the area to help the tissue health and symptoms you are experiencing. (Assuming you are not already using it)
3. Can you get a referral to a pelvic health physiotherapist to help you learn how to cope with your prolapse?
4. Are you a suitable candidate for a pessary? If yes, who can fit one for you?
5. When would surgery be indicated for a prolapse and what pathway do you need to follow if you do need to have surgery?

Please keep in mind that your doctor might not have all the answers to these questions but may choose to refer you to a specialist for an opinion. It is however important to see a pelvic health physiotherapist to assist with management, even if you are planning to have surgery.

