

Pelvic Organ Prolapse

Pelvic organ prolapse is when organs in the pelvis – the bladder, uterus or rectum – move from their normal position down into the vagina. This can be due to weakening of the muscles of the pelvis, and is often associated with previous vaginal deliveries, chronic constipation, menopause and aging. This condition is common and may be uncomfortable for you, but it is not considered dangerous.

The usual **symptoms** of a pelvic organ prolapse include feeling something pressing down against your vaginal wall, having “fullness”, or having difficulties urinating or passing bowel movements. You may also notice that your vaginal wall is visible outside of your vagina.

Prolapse is often diagnosed through a physical exam of the pelvis. The care provider might ask you to cough, sit and strain to see if there is a difference in the exam with these maneuvers to help understand what might be going on.



When to Get Help

See a pharmacist, or call 8-1-1 (7-1-1 for the hearing impaired) if:

- You have questions about your condition

See your primary care provider or call 811 (711 for hearing impaired) if:

- You develop a vaginal discharge or bleeding.
- Your vaginal discharge smells bad.
- You need more information or further treatment.

Go to the nearest Emergency Department or Urgent Care if:

- You experience severe pain.
- You feel faint or dizzy.
- You have a vaginal discharge and develop a fever, weakness, or feel lightheaded, or feel faint.

Recommended Follow-Up

- ☐ Follow up in ___ days.

Name of Provider

Reason

Date/Time

Location

Contact Info

☐ _____

☐ _____

To Learn More:

- HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

Treatment

Several treatment options are available for pelvic organ prolapse, including:

1. **Kegel Exercises:** Strengthening the pelvic floor muscles can help alleviate symptoms. A pelvic floor physiotherapist can guide you in performing these exercises correctly.
2. **Pessaries:** These are medical devices inserted into the vagina to provide support to the pelvic organs. They come in various shapes and sizes and can be fitted by your healthcare provider – some physiotherapists are trained for this as are gynecologists.
3. **Surgical Options:** Depending on the severity and cause of the prolapse, surgical interventions may be considered. These can range from minimally invasive procedures to more extensive surgeries to repair and support the pelvic organs.

How to Care for Yourself at Home



- When you are first diagnosed with pelvic organ prolapse, it is important that you try conservative treatment with the Kegel exercises and pelvic floor physiotherapy.
- Check in with yourself to see if it is helping and based on your symptoms you may want to ask to be referred to a gynecologist for additional examination and assessment.

REFERENCES

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Find this information sheet on the ECBC website:

https://emergencycarebc.ca/clinical_resource/patient-information-sheet/pelvic-organ-prolapse/

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