



Pelvic organ prolapse

Prolapse happens when the bladder, womb or bowel drops into the vagina because the supporting tissues have weakened. It is common, and there are options besides surgery.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I feel a bulge, or something coming down, in my vagina
- ☐ I feel heaviness or dragging, worse at the end of the day
- ☐ I can see or feel a lump at the vaginal opening
- ☐ I have to push the bulge back to pass urine or open my bowels
- ☐ My urine stream is slow, or I feel I don't empty fully
- ☐ I leak urine
- ☐ I have discomfort during sex
- ☐ I have had several vaginal births, or do heavy lifting
- ☐ I have a long-term cough or constipation

GET HELP NOW IF

- You cannot pass urine
- A bulge that cannot be pushed back and is painful
- Bleeding or a sore on the bulge

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



SYMPTOM RECORD

Date	Bulge felt?	Heaviness 0 to 10	Bladder or bowel problems	What made it worse

BEFORE YOUR VISIT

- Note when you first noticed symptoms and what makes them worse.
- Bring any previous reports.
- Any examination is explained first; a female staff member or nurse is present.
- Note any bladder or bowel difficulties.

QUESTIONS YOU MAY WANT TO ASK

- What type of prolapse do I have, and how far has it come down?
- Could pelvic floor exercises or a pessary help?
- When would surgery be considered?

