



Date: _____

Pessary Referral Form

Patient Name: _____

DOB: _____ Phone: _____ Email: _____

Diagnosis/Reason for Referral: _____

Referral Source Name: _____

Clinic Phone: _____ Fax: _____

Please rule out contraindications prior to pessary fitting:

- Undiagnosed bleeding Severe vaginal atrophy
- Active vulvar, vaginal, or urinary tract infection
- Ulceration or lacerations of the cervix, vagina
- Uncontrolled diabetes
- Cancer of the vulva, uterus, or bladder
- Active pelvic inflammatory disease Known silicone allergy
- Gynecological surgery with mesh (precaution)

We accept patients who:

- have a **physician** who can perform **yearly vaginal health scans** to ensure the tissues are responding well to their pessary
- are willing to **self-pay** for the service
- are able to **self-manage** their pessary
 - if patients require pessary management, we can offer fee-for-service care until they are accepted into an appropriate AHS funded pessary program.

Vaginal Estrogen:

- Please determine if vaginal estrogen is indicated prior to the pessary fitting appointment.

PLEASE FAX FORM TO: (403) 249 5220

Lakeview Movement Studio 6220 Crowchild Trail SW Calgary, AB T3E 5R8

Phone: (403) 249 5253 reception@lakeviewphysio.ca

Pessary fittings at our clinic are **NOT covered by Alberta Health Care**. Patients can use their extended health care benefits or self-pay. If patients have extended health care benefits that cover physiotherapy services, we can direct bill for their pessary fitting and follow-up appointment costs. Patients will have to self-pay for the pessary.

Appointment and Pessary Fees:

Pelvic Physiotherapy Pessary Fitting Appointment 90 minutes (\$300)

Pelvic exam, trial pessaries. Recommendation of definitive pessary.

Purchase of the Pessary (\$110)

Medical device: standard pessary

(please note: we also offer personalized pessaries through Cosm Medical, which are sold at a higher price point)

Pelvic Physiotherapy Pessary Fitting Follow-Up Appointment 40 minutes (\$140)

Typically scheduled 4 – 8 weeks after using pessary.

Pessary Management Appointment 30 minutes (\$105)

For those requiring pessary management while waiting to be accepted to the appropriate AHS-funded health care program or provider.

Physician/Nurse Practitioner Follow-Ups

A vaginal tissue health check with a Physician or Nurse Practitioner should occur at the following intervals:

- (1) prior to the pessary fitting to rule out contra-indications, determine appropriate tissue health, and prescribe vaginal estrogen as indicated
- (2) within 3 months of patient regularly wearing the pessary to ensure tissue integrity
- (3) and yearly thereafter

Thank-you for your referral

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