

**Patient presents with Pelvic Organ Prolapse. Initial assessment to include:**

**History:**

- Prolapse history (mechanical symptoms, lump, bulge, obstruction, pressure, back ache)
- Urinary history (frequency, nocturia, urgency, stress incontinence, urge incontinence, voiding symptoms)
- Bowel symptoms (constipation, digitation / splinting, faecal incontinence, tenesmus)
- Sexual Function (sexual activity, dyspareunia,

obstruction, incontinence)

- Obstetric / Gynaecological / Surgical history
- Past medical history, co-morbidities and BMI

**Examination:**

- Abdominal, speculum (Sims preferable) and bimanual examination of pelvis – to exclude pelvic masses.
- Assessment of prolapse (**NB: Prolapse only requires treatment if symptomatic or beyond**

**introitus.)**

- Consider rectal examination.

**Investigations:**

- Urinalysis (+/- MSU if indicated) **ONLY IF HAS URINARY SX**
- 3 Day Bladder Diary (IN:OUT)
- Consider - USS for post void residual
- Consider – FBC, U&Es if severe prolapse with risk of ureteric obstruction

**Conservative management in Primary Care:**

- Weight loss, address co-morbidities and precipitants
- Manage constipation
- Prescribe vaginal oestrogen if atrophy, recurrent UTI's or pessary used
- Reassurance and watchful waiting if mild symptoms (advise pelvic floor muscle exercises)
- Consider ring pessary

**Follow up assessment after 3 months**

- Continue management if effective
- Consider referral for physiotherapy or continence advisor if ineffective

**Referral to Urogynaecologist if:**

Patient is willing to consider surgery **with**

- Persistent symptomatic prolapse **with** reduced quality of life despite conservative management **and/or**
- Prolapse beyond introitus or worsening prolapse despite conservative measures

**NB:** Give patient NHS/BSUG Patient information on "Surgery for Prolapse" (see below). Where appropriate the patient should be made aware that they may need to engage in a weight loss and exercise programme.

**Patient Information**

[NHS Website](#)

**Referral Proforma**

N/a

**Local Guidance**

N/a

**National Guidance**

[NICE Pelvic Organ Prolapse](#)