

Don't Let the Bottom Fall Out

Pelvic Organ Prolapse (POP)

Your "Pelvic Floor" is like a hammock. It must support the weight of what is above it, which includes the bladder, urethra, uterus and rectum.

What Causes POP?

When we are young, pelvic muscles are generally strong and have good tone. Changes in hormones, aging and delivering babies can cause the supporting structures to stretch and weaken. If the "hammock" weakens enough, organs can drop and bulge into the vagina. This is called prolapse.

Types of Prolapse:

1. Cystocele- the back of the bladder pushes into the front wall of the vagina
2. Urethrocele- the urethra pushes into the wall of the vagina
3. Rectocele- the rectum bulges into the back wall of the vagina
4. Uterine Prolapse- the uterus drops into the vagina, either partially or completely

How Do I Know If I Have a Pelvic Organ Prolapse? Symptoms Can Include:

- Urinary Incontinence/ Leaking
- Pain or pressure with bowel movements/ difficulty moving your bowels
- Constipation
- Painful intercourse
- Low back pain
- Pelvic pressure

Treatments Include:

- Pelvic Floor Rehab and Strengthening
- Pessary Fitting (a pessary is a removable device that supports the uterus.)
- Surgery

Questions to Ask Your Health Care Professional

1. Is my prolapse serious?
2. Can it get worse?
3. Do I need to have surgery to correct the prolapse?
4. What treatment options are available?
5. How successful is each option?

*Call the Upstate Women's
Health nurse line at
315-464-2756
for more information or
to make an appointment*

