

DIRECTIONS FOR USING THE HAIRE PESSARY

BEFORE USE.

Make the pessary slippery, inside and out, with CONTRACEPTALENE. This is a harmless non-greasy jelly, which does no harm to the tissues, and has a strong contraceptive action.

TO INSERT THE PESSARY.

Squeeze the rim together. Now, keeping the dome towards you and the hollow side away from you, insert it into the front passage, and push it towards your backbone rather than towards your head. When it is in as far as possible, nothing but a small part of the rim will be felt. Push this straight up behind the pubic bone which can be felt in front. The dome is next to the womb and the hollow side outwards. Once the pessary is properly placed, you should not be conscious that it is there. If it is uncomfortable for you or your husband, either it does not fit correctly or it is not properly placed. If the pessary is used when you are very constipated, the matter in the bowel may push the pessary out of place, so that it no longer protects you against pregnancy. The bowels should move at least once every day.

TO REMOVE THE PESSARY.

Insert one finger, hook it in the rim, and withdraw the pessary. It is usually best to insert and remove the pessary while lying flat on the back with the knees bent up and separated, but you can adopt any position which you find most convenient.

AFTER USE.

Next morning, while the pessary is still in place, and before the bowels have acted, syringe yourself with a pint or more of clean soapy water. Then take the pessary out and immediately douche again with soapy water. You can use a douche-can, or a whirling spray, or an enema-syringe. It is best to douche while lying down, either in the bath or on a piece of waterproof sheeting. Douching while in a stooping or standing or sitting position is not so efficacious. Wash the pessary thoroughly with soap and water, dry it carefully, powder it and put it away.

TO TEST THE PESSARY.

Examine the pessary carefully to see if there are any holes in the rubber, every time you use it.

When the pessary is new it is round. Sometimes after use it tends to get out of shape and become oval. If so, gently press it back to its original shape.

OBTAINABLE FROM
VAN DE HAGT, Rotterdam, Holland.
POSTBOX 446.

The following extract is taken from Dr. NORMAN Haire's book "Some More Medical Views on Birth Control", which is obtainable from this address or from the publisher CECIL PALMER, 49 Chandos St, London W. C. 2., England.

"There is one method against which no charge of harmfulness can be brought, and which has stood the test of forty-five years' use — the large rubber occlusive pessary with a watch-spring rim invented by Mensinga of Flensburg in the seventies of last century. There are many slight modifications of this, and they are known in this country variously as the Mensinga, Dutch, or Haire pessaries. I brought it to the notice of the medical profession of this country at the International Birth Control Conference in London in 1922.

It is made in about a dozen different sizes and must, in the first instance, be fitted by a doctor. Even a woman of low intelligence can be taught in a few minutes how to use it. I advise that it should be inserted EVERY NIGHT, so that it becomes part of the evening toilet. If used only when coitus is expected, it may, in some highly sensitive persons, spoil the spontaneity of the act. If connection does not occur, it is removed the next morning without further precautions. If intercourse does occur, the woman douches next morning with a weak solution of lactic acid (1 %) or with plain soap and water, removes the pessary, and then repeats the douche. The pessary is washed with soap and hot water, or with a disinfectant, dried, and put away in a piece of clean cloth. Once it is in position, neither the husband nor the wife is sensible of its presence. It does not interfere in any way with the normal pleasure of intercourse. The woman can go to sleep after connection, as the removal of the pessary and the douche can be left till the next morning.

The pessary, before insertion, is smeared on both sides with a non-greasy jelly containing lactic acid (**CONTRACEPTALENE**).

It is introduced preferably with the convexity towards the womb and the concavity towards the vaginal opening, because in this position it is a little easier to remove. If it is put in upside down, however, it is equally efficacious.

This combined method of occlusive pessary plus contraceptive jelly plus douche has proved very reliable, and is suitable for all normal women. Its efficacy is not impaired by the presence of an asymmetrical or scarred cervix, as are the cervical caps, and it is much easier for the patient herself to use. But in the presence of retro-displacements of the uterus it is somewhat less easy to insert; and if the perineum has been badly torn at childbirth and left unrepaired, it may be quite unsuitable."