

What is Vaginal Prolapse?

Vaginal prolapse is very common and occurs in about 50% of women who have had children. Many women have no symptoms and do not need any treatment, however, for women who do have symptoms it can affect their quality of life.

Symptoms include:

- A dragging sensation in the vagina or pelvis, which is worse at the end of the day or after heavy lifting.
- A lump coming out of the vagina which is uncomfortable.
- Difficulty passing faeces or urine.
- Rubbing of the prolapse on the underwear causing bleeding or discomfort.
- Urinary symptoms such as urinary frequency may be associated with prolapse but more commonly are due to overactive bladder and needs separate treatment. [\[Click for OAB information sheet\]](#)

What can be done?

- No treatment is required if there are no symptoms.
- Pelvic floor physiotherapy can be helpful to relieve symptoms and prevent the vaginal prolapse from worsening. [\[Click for list of physios\]](#)
- Vaginal pessaries which are plastic devices inserted in the consulting rooms and need to be changed every 4-6 months. [\[Click for vaginal pessary information\]](#)
- Surgery which may be performed through the vagina or by laparoscopic (key hole) surgery depending on the type of vaginal prolapse.

What can I do to prevent my prolapse getting worse?

- Lose weight if you are overweight as this puts pressure on the pelvic floor and worsens symptoms.
- Don't smoke, coughing damages the pelvic floor and worsens symptoms.
- Avoid constipation, as the straining while doing a poo damages the pelvic nerves and worsens symptoms. Drink enough water each day and add fibre supplements such as Metamucil.
- See a physiotherapist with an interest in pelvic floor problems [\[Click for list of physios\]](#)