

Questions to Ask Your Doctor About Prolapse and Your Treatment Options

Prolapse

1. Can I do anything to strengthen the pelvic muscles?
2. What factors contribute to prolapse?
3. If I take hormones, will my condition improve?

Treatment Options for Prolapse

1. Is using a pessary (a plastic ring inserted into the vagina) an option?
2. How will a hysterectomy help my bladder function?
3. Will my bladder function be back to normal?
4. Are there different kinds of hysterectomies I can have with my condition?
What are the risks and benefits?
5. What about a minimally invasive procedure? Is that an option for my particular condition?
6. In your experience, which treatment would give me the best quality of life?

If you're not satisfied with the responses you receive, consider asking for a second opinion. You are an integral part of your healthcare team and you should feel comfortable with the selected treatment and surgeon.

Remember that while your primary care physician may not be familiar with the term "MIP," he or she should be familiar with the phrase "Minimally Invasive Procedure."