

Pelvic Organ Prolapse Conversation Card™

Prepare to discuss vaginal pressure, heaviness, bulging and related bladder or bowel changes.



Symptoms can suggest reduced pelvic support, but an examination is needed to determine whether prolapse is present and which structures are involved.

1

Describe What You Feel



- ☐ Pressure, heaviness or dragging
- ☐ A bulge or something coming down
- ☐ Discomfort at the vaginal opening
- ☐ Symptoms that change through the day

2

Notice When It Happens



- ☐ After standing for a long time
- ☐ During or after lifting or exercise
- ☐ With coughing or constipation
- ☐ At the end of the day

3

Review Bladder Changes



- ☐ Leakage or sudden urgency
- ☐ Difficulty starting urination
- ☐ Feeling that the bladder does not empty
- ☐ Needing to change position to urinate

4

Review Bowel Changes



- ☐ Constipation or repeated straining
- ☐ Feeling that the bowel does not empty
- ☐ Needing vaginal or perineal support
- ☐ Accidental loss of gas or stool

5

Explain the Daily Impact



- ☐ Exercise or movement feels limited
- ☐ Work, travel or social plans are affected
- ☐ Sexual activity is uncomfortable
- ☐ I worry the condition will worsen

6

Ask About the Assessment



- ☐ Which organs or areas are involved?
- ☐ How is the degree of support change described?
- ☐ Do I need bladder or bowel testing?
- ☐ Should I see a urogynecologist?

Questions About Treatment



Everyday Management
What habits, lifting changes or constipation support may help?



Pelvic Floor Physical Therapy
Would an individualized assessment be appropriate?



Pessary
Could a removable support device help, and how is it fitted and cared for?



Surgery
When is surgery considered, and what are the benefits, risks and alternatives?

My Notes for the Visit



Most bothersome symptom: _____

When it is better or worse: _____

What I want to keep doing comfortably: _____

Helpful to Bring



Symptom timeline



Bladder or bowel notes



Medication list



Questions and treatment preferences



Treatment should be based on symptoms, examination findings, health history and personal goals, not the prolapse stage alone.



Gentle Reminder

Pelvic pressure or a bulge sensation can have more than one cause. This card helps prepare for evaluation; it cannot confirm prolapse.



Martine's Midlife Wellness Tip

Describe what the symptom stops you from doing. Daily-life examples help keep the treatment conversation focused on what matters to you.



Seek prompt care for inability to pass urine or stool, severe pelvic pain, heavy bleeding, a bulge that becomes very painful or new loss of bladder or bowel control with leg weakness or saddle-area numbness.