

# PELVIC ORGAN PROLAPSE REFERRAL GUIDELINE

Maine Medical Partners - Women’s Health Division of Pelvic Medicine and Reconstructive Surgery  
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HIGH RISK SUGGESTED EMERGENT CONSULTATION	MODERATE RISK SUGGESTED CONSULTATION OR CO-MANAGEMENT	LOW RISK SUGGESTED ROUTINE CARE
<b>SYMPTOMS AND LABS</b> N/A	<b>SYMPTOMS AND LABS</b> Advanced or complete uterovaginal prolapse	<b>SUGGESTED WORKUP</b> History (degree of prolapse)  Pelvic exam
<b>SUGGESTED PREVISIT WORKUP</b> N/A	<b>SUGGESTED WORKUP</b>  Evaluation by MMP Pelvic Medicine (can trial a pessary while awaiting consult)  Evaluation for urinary retention, this necessitates more timely intervention	<b>SUGGESTED MANAGEMENT</b>  Counsel on kegels or pelvic floor PT  Pessary  Referral to MMP Pelvic Medicine if patient bothered by prolapse that protrudes past hymenal ring

## CLINICAL PEARLS

- Patient can be seen by a gynecologist or MMP Pelvic Medicine nurse practitioner for a pessary fitting
- If noted on exam but patient is asymptomatic, no further work-up or treatment is needed