

**Evita GyneCare Clinic**

evitagynecarehospital.com

## **Pelvic Organ Prolapse (Bulge/Heaviness) Self-Check**

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

## Tick what applies:

### Core symptoms

- ☐ Feeling of a bulge/“something coming down” in the vagina.
- ☐ Pelvic heaviness/dragging, worse by evening or standing.
- ☐ Need to push the bulge back to feel comfortable.

### Bladder/bowel links

- ☐ Difficulty emptying bladder or starting urine flow.
- ☐ Constipation or needing to press to pass stool.
- ☐ Urine leakage with cough/sneeze or urgency.

### Risk factors

- ☐ Multiple vaginal births or assisted delivery.
- ☐ Chronic cough/heavy lifting/constipation.
- ☐ Menopause symptoms or dryness.

## Quick notes (fill in):

Bulge noticed: ☐sometimes  
☐often ☐always

Affects walking/exercise?

☐yes ☐no

Postpartum? ☐yes ☐no

### Book a check-up if ANY apply:

- Any bulge/heaviness affecting comfort or daily activity.
- Bladder/bowel difficulty or recurrent UTIs.
- Symptoms worsening over weeks/months.

### Urgent care today if:

- Bulge becomes painful, ulcerated, bleeding, or cannot be pushed back.
- Inability to pass urine or severe pelvic pain.
- Fever with urinary symptoms.

**A bulge is not “just aging.” It’s treatable—with options you control.**

Bring this page and say: “I feel a bulge/heaviness and want an assessment and plan.”

Important: Self-awareness only.  
This does not confirm a diagnosis.

## **Evita GyneCare Clinic**

### **Pelvic Organ Prolapse (Bulge/Heaviness)**

### **Self-Check (visit prep)**

Bring this page to help your doctor plan the right evaluation.

#### **Bring / note these:**

- When you feel the bulge (standing, lifting, end of day).
- Any urine leak/urgency or difficulty emptying bladder.
- Bowel symptoms (constipation, incomplete emptying).
- Birth history, heavy lifting, chronic cough, constipation history.
- Menopause symptoms/dryness and prior pelvic surgeries.

#### **What your clinician may do:**

- Consent-based exam to assess prolapse and pelvic floor.
- Discuss pelvic floor exercises and pessary options.
- Review surgical options only if needed and desired.
- Plan follow-up and symptom monitoring.

**You deserve clarity - and you deserve respectful care.**

To book: [evitagynecarehospital.com](http://evitagynecarehospital.com)