

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.

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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