



Pelvic organ prolapse (POP) treatment discussion guide

When talking about pelvic organ prolapse (POP) care, there are many factors to consider. This guide is designed to help you start an open conversation with your doctor and make the most of your appointment.

Check off and fill in the information you'd like to share with your doctor.

I am experiencing some or all of the following symptoms:

- Trouble or pain when using the restroom
- Bladder leakage and/or needing to use the restroom frequently
- Pain during intercourse
- A visible bulge "down there" near the opening of the vagina

My symptoms started _____
(days, weeks, months, years) ago.

I experience these symptoms _____
(daily, a few times a week, sometimes, etc.).

These symptoms are affecting my life and I'd like to find ways to treat them.

Notes

See the back of this sheet for questions to help guide your conversation.

Check off the questions you'd like to ask your doctor.

POP and your condition

- What is POP?
- How is POP diagnosed?
- Do you think I have POP or a different pelvic floor disorder?
- What may be causing my symptoms?
- What stage or severity is my prolapse?
- What can I do to reduce my symptoms?
- What can I do next?

Treatment plan

- How soon should I decide on a treatment plan?
- Which treatment options are available at this facility?
- What should I do to prepare for treatment?

During and after treatment

- What is the recovery timeline?
- Will treatment require follow-up visits or ongoing care?
- How might treatment and recovery affect my daily routine?
- Are there activities I should limit or avoid during treatment or recovery?

Other questions

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Your doctor is your best source for information regarding treatment for pelvic organ prolapse. This guide is not intended to replace professional medical care or advice. If you have any questions or need additional information, please talk with your doctor.

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