

Search Mayo Clinic

Request an Appointment Find a Doctor Find a Job Give Now

Log in to Patient Account **Translated Content**

PATIENT CARE & **HEALTH INFO**

DEPARTMENTS & CENTERS

RESEARCH

EDUCATION

FOR MEDICAL **PROFESSIONALS** PRODUCTS & **SERVICES**

GIVING TO MAYO CLINIC

Print

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

Request Appointment

Diseases and Conditions

Anterior prolapse (cystocele)

Basics Care at Mayo Clinic In-Depth Multimedia Resources News From Mayo Clinic Treatments and drugs Definition By Mayo Clinic Staff **Symptoms** Treatment depends on how Causes

severe your anterior prolapse

is and whether you have any

related conditions, such as a

Mild cases — those with few or

uterus that slips into the

vaginal canal (uterine

Risk factors Preparing for your

appointment

Tests and diagnosis

Treatments and drugs

Lifestyle and home remedies

Prevention

Products and services

no obvious symptoms typically don't require treatment. You could opt for a wait-and-see approach, with occasional visits to your doctor to see if your prolapse is worsening, along with self-care measures, such as exercises that strengthen your pelvic floor muscles.

prolapse).

Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best

Learn more. Request an appointment.



Types of pessaries





If self-care measures aren't effective, anterior prolapse treatment might involve:

- A supportive device (pessary). A vaginal pessary is a plastic or rubber ring inserted into your vagina to support the bladder. Your doctor or other care provider fits you for the device and shows you how to clean and reinsert it on your own. Many women use pessaries as a temporary alternative to surgery. and some use them when surgery is too risky.
- Estrogen therapy. Your doctor may recommend using estrogen — usually a vaginal cream, pill or ring — especially if you've already experienced menopause. This is because estrogen, which helps keep pelvic muscles strong, decreases after menopause.

Advertisement

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship

Policy Opportunities

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

The Mayo Clinic Diet Online — Eat well. Enjoy life. Lose weight.

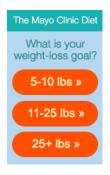
How to go gluten-free safely, and enjoy it!

Mayo Clinic Wellness Solutions for Fibromyalgia – DVD

Mayo Clinic Book of Home Remedies

Try Mayo Clinic Health Letter FREE!

7/31/2015 10:23 AM 1 of 3



Free E-newsletter

Subscribe to Housecall

Our general interest e-newsletter keeps you up to date on a wide variety of health topics.

Sign up now

When surgery is necessary

If you have noticeable, uncomfortable symptoms, anterior prolapse may require surgery.

- How it's done. Often, the surgery is performed vaginally and involves lifting the prolapsed bladder back into place, removing extra tissue, and tightening the muscles and ligaments of the pelvic floor. Your doctor may use a special type of tissue graft to reinforce vaginal tissues and increase support if your vaginal tissues seem very thin.
- If you have a prolapsed uterus. For anterior prolapse associated with a prolapsed uterus, your doctor may recommend removing the uterus (hysterectomy) in addition to repairing the damaged pelvic floor muscles, ligaments and other tissues.

If you're thinking about becoming pregnant, your doctor may recommend that you delay surgery until after you're done having children. Using a pessary may help relieve your symptoms in the meantime. The benefits of surgery can last for many years, but there's some risk of recurrence — which may mean another surgery at some point.

Dealing with incontinence

If your anterior prolapse is accompanied by stress incontinence — involuntary loss of urine during strenuous activity — your doctor may recommend one of a number of procedures to support the urethra (urethral suspension) and ease your incontinence symptoms.

Tests and diagnosis
Lifestyle and home remedies

Share
Tweet

Sept. 27, 2014

References

Products and Services

- 1. Newsletter: Mayo Clinic Health Letter
- 2. Book: Mayo Clinic Family Health Book, 4th Edition

Other Topics in Patient Care & Health Info

Healthy Lifestyle

Symptoms A-Z

Diseases and Conditions A-Z

2 of 3 7/31/2015 10:23 AM

Home Diseases and Condit	ions Anterio	or prolapse (cystoce	ele) Basics Treatm	nents and drugs		CON-20026175
Tionic Discuses and Condition	ions / mene	or prolapse (cystoco	Dusies Treatif	iento ana arago		0011-20020173
REQUEST APPOINTMENT	GIVE NOW	CONTACT US	ABOUT MAYO CLINIC	EMPLOYEES	SITE MAP	ABOUT THIS SITE
Any use of this site constitutes your agreement to the Terms and Conditions and Privacy Policy linked below. Terms and Conditions Privacy Policy Notice of Privacy Practices		ked noncomm Clinic," "M Living," ar trademark	A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.org," "Mayo Clinic Healthy Living," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.			Ve comply with the <u>HONcode standard</u> or trustworthy health information: verify ere.

© 1998-2015 Mayo Foundation for Medical Education and Research. All rights reserved.

3 of 3