



## POP SYMPTOMS QUICKSHEET

Pelvic organ prolapse can occur in females from mid-teens through end of life. Each of the five types of POP has its own symptoms, but in general symptoms can include:

Pressure, pain, or fullness in vagina, rectum, or both

Feeling like your “insides are falling out” or like you are sitting on a ball

Vaginal tissue bulge

Urinary incontinence

Urine retention (feel urge but unable to urinate)

Fecal incontinence

Chronic constipation

Back/pelvic pain

Lack of sexual sensation

Painful intercourse

Inability to keep a tampon in



ASSOCIATION FOR PELVIC ORGAN PROLAPSE SUPPORT

[www.pelvicorganprolapsesupport.org](http://www.pelvicorganprolapsesupport.org)