# EMPOWER Prioritisation

## Top 10

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| Better dilator technology for women with vaginismus (painful vaginal spasms), post-menopausal women, and for women following surgery or radiotherapy |
| Better menstrual products  - cheaper, more environmentally friendly, better for teenagers, better for heavy bleeding |
| Better non-hormonal contraceptives  |
| Better rapid point of care and home infection tests to look for urinary tract, vaginal thrush, and sexually transmitted infections (gonorrhoea, chlamydia, herpes, warts, trichomonas, syphilis). |
| Better tests and non-drug treatments for pelvic pain and period pain including endometriosis detection |
| Devices for clinicians to examine the vagina and cervix which are comfortable and work for women of different sizes, with wombs which sit at different angles, and work for trans people and pregnant women and women with pelvic pain. Devices for self-examination. |
| A better range of devices to manage vaginal prolapse including self-management, and better ways of choosing devices, such as measuring tools to get the right pessary size |
| Monitoring during labour which allows movement (for example not requiring abdomen stickers) |
| Technology to address breast and nipple pain while breast feeding, and home tests for nipple thrush |
| Technology which can be used before birth to manage urine leakage and incontinence and reduce perineal damage from the birth, to provide perineal support/care for perineal after birth, and to help manage discomfort and bleeding |

## 10-20:

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| Better designs for hormonal contraceptives including varied size contraceptive rings, coloured contraceptive patches, and with better adhesion |
| Better pads and products for urine and faecal leakage  |
| Better technology to reduce the discomfort of inserting a coil or Mirena coil, including self-insertion delivery of pain relief that women could use prior to coil fitting |
| Better ways to deliver hormones and medication into the vagina to treat dryness and pain due to the menopause |
| HRT patches which don’t fall off |
| Technologies to support pelvic floor assessment and care – smaller, easier to use than current models, allowing biofeedback and self-visualisation, educating about and supporting relaxation of the pelvic floor when this is causing pain  |
| Technology to support recovery from diastasis recti (separation of the abdominal muscles during pregnancy) |
| Tests to help people who struggle to conceive know when they are most fertile  |
| Tests to identify menopause better and earlier and learn how to individualise care |
| Ways to visualise your genital anatomy and pelvic floor to help with education and pelvic floor exercises  |