

FOI REF: 25/769

4th November 2025

Tel: 0300 131 4500
Website: www.esht.nhs.uk

FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

In line with the latest classification, Vaginismus and Dyspareunia have been redefined under the same diagnostic category, Genito Pelvic/Pain Penetration Disorder (GPPPD). GPPPD is a combination of painful sex, penetration difficulties and involuntary vaginal muscle spasm. Therefore, any information on the three conditions would be appreciated.

Patient Leaflet:

- 1) **Does the trust provide any patient leaflets or written guidance on GPPPD/Vaginismus/Dyspareunia?**

No.

- a) **Please provide us with a copy of the standard information leaflet or give a link to your online information.**

We sign post women to the NHS patient information website:
[Vaginismus - NHS](#)

- 2) **Does the trust provide any patient leaflets or written guidance on how to use dilators for individuals with GPPPD/Vaginismus/Dyspareunia?**

No.

- a) **Please provide us with a copy of the standard information leaflet or give a link to your online information.**

Not applicable.

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Treatment - Please provide the following information in accordance with the financial year, April 2024 to April 2025, or the calendar year January 2023 to December 2024:

- 3) What brand(s) of vaginal dilators did your service recommend to individuals with GPPPD/Vaginismus/Dyspareunia?**

We do not recommend specific brands.

- 4) How many vaginal dilators (single pack and/or multipack) did you purchase in your service?**

Zero

- a) If you have this information for previous financial years, please provide this also.**

Not applicable.

- 5) What was the unit cost of vaginal dilators (single pack and/or multipack) for GPPPD/Vaginismus/Dyspareunia?**

Not applicable.

- 6) What was the total cost of vaginal dilators (single pack and/or multipack) for GPPPD/Vaginismus/Dyspareunia in the year under review?**

Not applicable.

- 7) What is the name of the service that you are referring to when returning this information?**

Gynaecology.

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department
esh-tr.foi@nhs.net