



East London
NHS Foundation Trust
Information Governance
Robert Dolan House
9 Alie Street
London
E1 8DE

Email elft.foi@nhs.net
Website: <https://www.elft.nhs.uk>

7th January 2026

Our reference: FOI DA6321

I am responding to your request for information received 21 October 2025. I am sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

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

Tel: 0303 123 1113
Web: www.ico.org.uk

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'what matters' to everyone, achieve a better quality
of life and continuously improve our services.
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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request: 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

Question 1: Does the trust provide any patient leaflets or written guidance on GPPPD/Vaginismus/Dyspareunia?
a. Please provide us with a copy of the standard information leaflet or give a link to your online information.

Answer: Yes. Please see links below:

<https://patient.info/sexual-health/dyspareunia-pain-having-sex>

<https://patient.info/features/sexual-health/how-to-overcome-vaginismus>

Question 2: Does the trust provide any patient leaflets or written guidance on how to use dilators for individuals with GPPPD/Vaginismus/Dyspareunia?
a. Please provide us with a copy of the standard information leaflet or give a link to your online information.

Answer: Yes. Please see links below:

<https://d3hgrlq6yacptf.cloudfront.net/5f48225652242/content/pages/documents/129620-femmax-52pp-web-april-2022.pdf>

<https://www.mdti.co.uk/femmax>

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

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

Answer: Provided by the service: Femmax (Myaid) Dilators.
Or patients can purchase independently: Amielle Comfort.

Question 4: How many vaginal dilators (single pack and/or multipack) did you purchase in your service?
a. If you have this information for previous financial years, please provide this also.

Answer: Six sets were purchased between April 2024 and April 2025.

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

Answer: £12.00 per set.

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

Answer: Total cost £72.00 between April 2024 and April 2025.



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Question 7: What is the name of the service that you are referring to when returning this information?

Answer: Continence & Pelvic Rehabilitation Service.



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