

How to Use Rectal Suppositories Properly

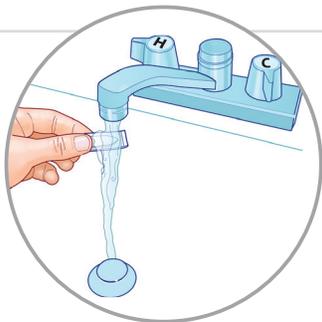
1

Wash your hands thoroughly with soap and water.



2

If the suppository is soft, hold it under cool water or place it in a refrigerator for a few minutes to harden it before removing the wrapper.



3

Remove the wrapper, if present.



4

If you were told to use half of the suppository, cut it lengthwise with a clean, single-edge razor blade.

5

Put on a finger cot or disposable glove, if desired (available at a pharmacy).

6

Lubricate the suppository tip with a water-soluble lubricant such as K-Y Jelly, not petroleum jelly (Vaseline). If you do not have this lubricant, moisten your rectal area with cool tap water.



7

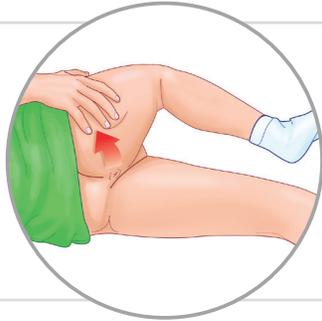
Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach.



How to Use Rectal Suppositories Properly *(continued)*

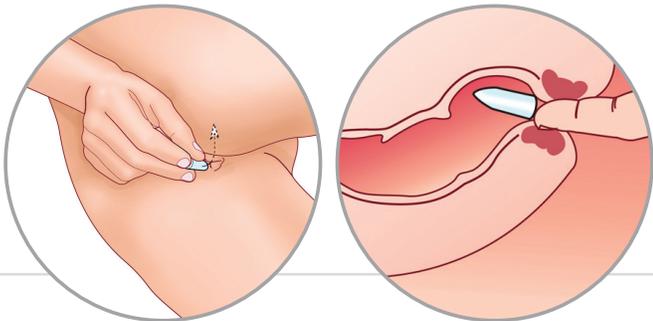
8

Lift upper buttock to expose the rectal area.



9

Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum, about 1/2 to 1 inch in infants and 1 inch in adults. (If not inserted past this sphincter, the suppository may pop out.)

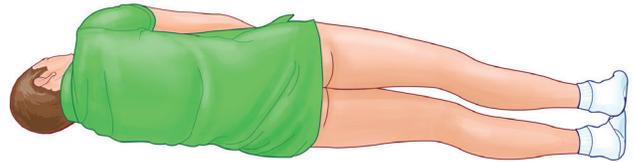


10

Hold buttocks together for a few seconds.

11

Remain lying down for about 5 minutes to avoid having the suppository come out.



11

Discard used materials and wash your hands thoroughly.



Remember

- Follow directions carefully
- Do not miss doses
- Store suppositories in a cool place and avoid melting; refrigerate them if so labeled
- Store medications out of reach of children