

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.



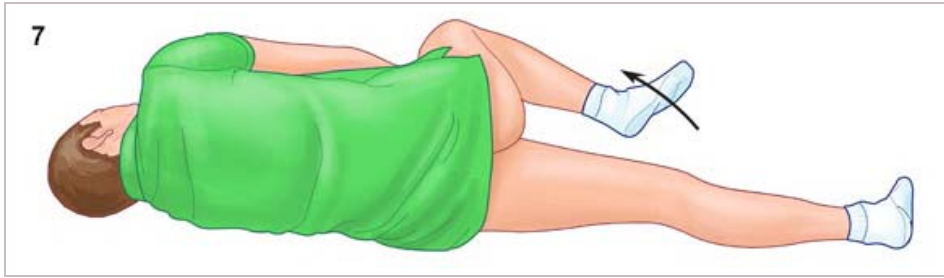
- 4** If you were told to use half of the suppository, cut it lengthwise with a clean, single-edge razor blade.

- 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.



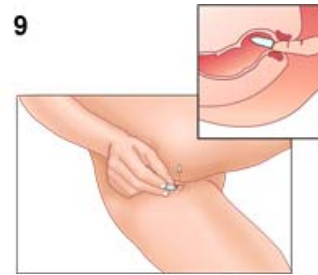
7 Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach.



8 Lift upper buttock to expose the rectal area.

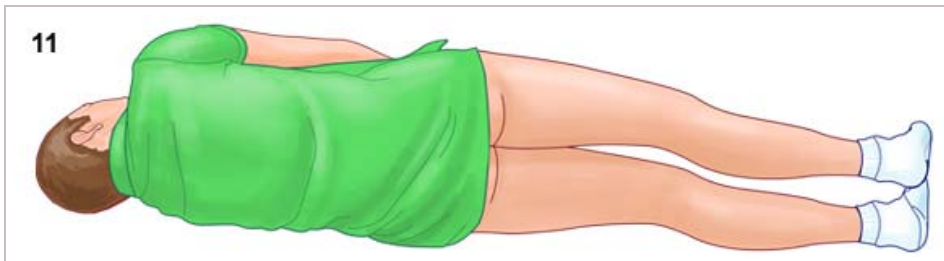


9 Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum, about 1/2 to 1 inch in infants and 1 inch in adults. (If not inserted past this sphincter, the suppository may pop out.)



10 Hold buttocks together for a few seconds.

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



12 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

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