

How to Use Rectal Suppository

1. Wash your hands.
2. If the suppository is too soft, soak it in cold water or chill it in the refrigerator (not the freezer compartment) for a while to make it become suitably hard for easy use.
3. If necessary, use finger caps or disposable plastic gloves.
4. Unwrap the packing. If necessary, apply water-soluble lubricant on the pointed end of the suppository, or wet the anus with water instead of lubricant.
5. Lie on your side. Keep the lower leg straight and bend the upper leg forward as shown in the diagram. A child can lie face down on an adult's laps.
6. Relax the anus, insert the suppository and push inwards with a finger for a depth of about 2 cm for babies and about 3 cm for adults.
7. Pull both legs together and remain lying sideways for about 15 minutes to prevent the suppository from coming out. Sitting cross-legged is another posture suitable for this purpose.

Discard finger caps or gloves and wash your hands.