



# Vaginal Suppository

## INSTRUCTIONS



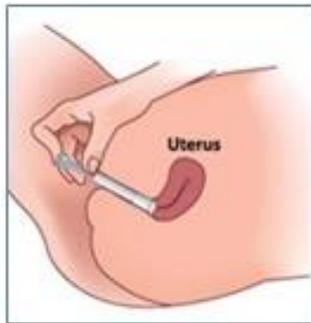
Wash your hands. Unwrap the suppository. Lubricate the suppository tip by **soaking with water for 1-2 seconds** or use a **water based lubricant gel**.



Lie on your back with your knees bent and legs slightly apart.



Carefully and gently insert the medicine into the vagina **as far as it will comfortably go**.



### How to use with an applicator

1. Pull out the applicator plunger as much as possible.
2. Place the suppository into the applicator.
3. Gently insert applicator into the vagina deeply as you can. Push the plunger until it stops to release the medication.
4. Remove the applicator from the vagina.
5. Put your knees down and **lie down for 15 minutes** at least.



Put your knees down and **lie down for 15 minutes** at least to allow the medicine to dissolve. It is recommended to **use at bedtime**.

### References

- Pharmacycouncil. คู่มือคำแนะนำการดูแลสุขภาพทางยาของประเทศไทยฉบับแก้ไขปรับปรุง (ฉบับปรับปรุง) 2562. Available from: [https://www.pharmacycouncil.org/index.php?option=content\\_detail&menuid=0&itemid=1433&catid=1](https://www.pharmacycouncil.org/index.php?option=content_detail&menuid=0&itemid=1433&catid=1) [Accessed 20 June 2021].
- Safemedication. *How to Use Vaginal Tablets, Suppositories, and Creams*. Available from: <http://www.safemedication.com/safemed/medicationtips/tools/howtoadminister/how-to-use-vaginal-tablets-suppositories-and-creams> [Accessed 12 April 2021].
- Wikihow. *How to Insert Vaginal Suppositories*. Available from: <https://www.wikihow.com/Insert-Vaginal-Suppositories> [Accessed 20 June 2021].