



RECTAL SUPPOSITORY

INSTRUCTIONS

1



Wash your hands

Wash your hands thoroughly with soap and water.

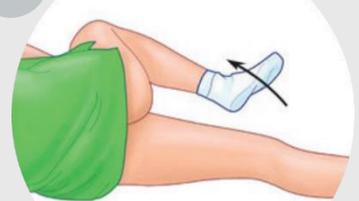
2



Remove the wrapper

Remove from the upper side. (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.)

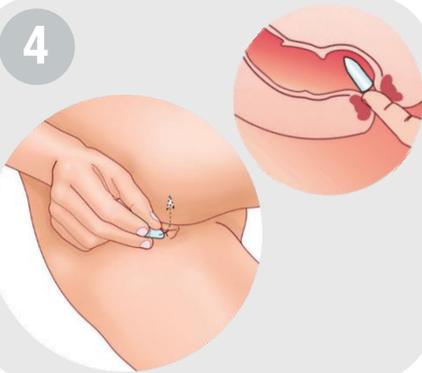
3



Lie on your side

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

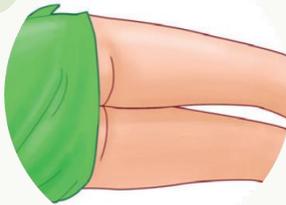
4



Insert the suppository

Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum.

5



Remain lying down

Remain lying down for about 15 minutes to avoid having the suppository come out.

6



Wash your hands

Discard used materials and wash your hands thoroughly.

Additional instruction

- If it is difficult to insert the suppository, lubricate the suppository tip with a water-soluble lubricant. Avoid using petroleum jelly (Vaseline). If you do not have this lubricant, moisten your rectal area with cool tap water.
- If it is a fast acting laxative, you should remain lying down at least 15-20 minutes or until you feel the urge to have bowel movement for full efficacy.
- Store the suppositories in a cool place to prevent melting. Refrigerate them if stated on the label.



References:

- The American Society of Health-System Pharmacists (ASHP). *How to Use Rectal Suppositories Properly*. Available from: <http://www.safemedication.com/safemed/docs/Rectal-Suppositories-Flyer.pdf> [Accessed 20 June 2021].
- The Pharmacy Council. (2019). *Pharmacy Professional Competency Standards*. Nonthaburi : The Pharmacy Council.