

HOW TO USE: RECTAL SUPPOSITORY

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1 WASH HANDS & CHECK FOR FIRMNESS

You may choose to wear disposable gloves as well. With the suppository still in the outer packaging squeeze lightly. If the suppository is not firm, you can run it under cold water while it is still in the outer packaging for a few seconds, or place it in the refrigerator for a few minutes.

2 REMOVE OUTER WRAPPING

Rectal suppositories come in an outer plastic wrapping. Always remember to remove the plastic wrapping before use. To remove: pull outwards on the two flaps of the suppository to reveal the suppository.

3 FIND THE CORRECT POSITION

You may lay down on one side with your top leg bent upwards towards your stomach or stand up with one leg bent on a chair.

4 INSERT THE SUPPOSITORY

Insert the suppository by placing a finger on the flat end of the suppository and inserting the pointed end into the rectum. The suppository should be placed at least 1 inch in adults and 0.5 - 1 inch into the rectum in children.

5 REMAIN STILL

Once inserted, remain still for at least 10 minutes to ensure the suppository does not come back out.

6 REFRAIN FROM PASSING STOOL

Unless intended for laxative purposes, refrain from passing stool for at least one hour so the medication has enough time to get properly absorbed.

7 WASH HANDS

Once you have finished administering your rectal suppository, wash your hands thoroughly with soap and water.

8 POINTS TO REMEMBER:

- Use this suppository exactly as directed on the label unless by your doctor
- For RECTAL USE ONLY
- Do NOT ingest