

# HOW TO USE: VAGINAL SUPPOSITORY

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## 1 WASH HANDS WITH SOAP AND WATER

You may choose to wear disposable gloves as well

## 2 REMOVE OUTER WRAPPING

Vaginal 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 PLACE SUPPOSITORY IN APPLICATOR

The use of an applicator is **OPTIONAL**. Place the flat end of the suppository into the top of the applicator. The pointed end of the suppository should be at the top.

When using your fingers:

- Place your fingers on the flat end of the suppository
- Insert the pointed end of the suppository into vagina

## 4 FIND THE CORRECT POSITION

You may lay on your back with your knees bent or stand with your feet spread a few inches apart with your knees bent.

## 5 INSERT APPLICATOR

Hold the applicator by the opposite end from where the suppository is. Gently insert the applicator into the vagina as far as it will comfortably go. Push on the plunger to insert the suppository.

## 6 REMOVE APPLICATOR

Once you have placed your suppository into the vagina, you can gently remove the applicator.

## 7 WASH HANDS AND APPLICATOR

Once you have finished administering your vaginal suppository, wash your hands thoroughly with soap and water. Wash the applicator with soap and water as well to avoid contamination.

## 8 POINTS TO REMEMBER:

- Use this suppository exactly as directed on the label, unless instructed differently by the doctor
- For VAGINAL USE ONLY
- Do NOT ingest

