

**How to use your**

# **SUPPOSITORIES**



**PHARMACEUTICAL SERVICES DIVISION  
MINISTRY OF HEALTH**

## INTRODUCTION

Suppositories are solid, bullet-shaped pellets which are inserted into the rectum (back passage). They are usually made up of a drug and an inactive ingredient such as cocoa butter or vegetable oil.

Once inserted, a suppository warms up to body temperature and gradually melts. When this happens, the medicine is released.

A suppository is a useful way of delivering a medicine if oral medication cannot be taken or if a local effect is needed.

## BEFORE USING SUPPOSITORIES

Tell your doctor or pharmacist if:-

- You are allergic to any medication.
- You have any medical problem.

## HOW TO USE SUPPOSITORY

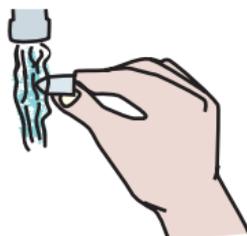
1. Wash your hands.
2. Read the medication label.
3. Remove a suppository from the packet.
4. Moisten the suppository with water.
5. Lie on your side with your knees pulled up towards your chest.
6. With your finger, gently insert the suppository into the rectum (back passage) as far as it will go, tapered end first.
7. Lower your legs, squeeze your buttocks together and lie still for a few minutes.
8. You may feel the urge to force the suppository out again. This urge should pass once the suppository has melted which should only take a few minutes.
9. After lying still for a few minutes, go and wash your hands again.
10. Avoid going to the toilet for at least one hour (unless the suppository is a laxative).

# DEMONSTRATION

## How to insert a Suppository



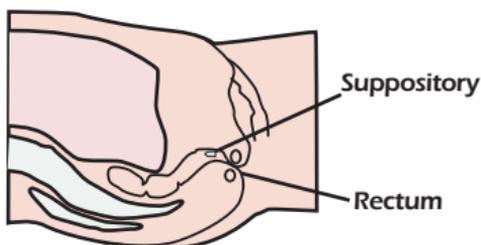
1. Remove foil wrapper



2. Moisten the suppository with water or water - based lubricating jelly (such as K-Y).



3. Lie on your left side and bend your right knee up toward your chest. Gently push the suppository into your rectum so it is deep enough not to come out.



## IF YOU MISS A DOSE

Take it as soon as you remember. However if it is almost time for the next dose, skip the missed dose and go back to your regular dosing schedule.

## DO NOT DOUBLE THE DOSE

## STORAGE

Keep all medicines in a safe away from the reach and sight of children.

Unless otherwise directed, store your suppositories in their original container in a cool, dark place.

Do not use the suppositories after the expiry date stated on the package.

## PRECAUTION

Most suppositories are designed to melt at body temperature, so do not handle them too much. It will melt in your hand and you will not be able to use them.

Some suppositories may stain your clothes.

## SIDE EFFECTS

If you experience irritation or any other side effects after using the pessaries, tell your pharmacist or doctor.

## WARNING

All directions on these pages are for information purposes only. They are not instructions to use your specific medicine. Please obtain appropriate medical advice if you have any questions regarding your medicine.

Prepared by: The Committee on  
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