



Suppositories are medications that are inserted into the rectum (rectal **suppository**) or vagina (vaginal **suppository**). The suppository dissolves or melts and is absorbed into the blood stream. Most suppositories are “over the counter” which means you can get them without a prescription.

How do I use a suppository?

1. Wash your hands thoroughly and wear a latex glove.
2. Lie down on your left side in a comfortable position with your left leg flat and your right leg bent with your knee in the air.
3. Try to relax, don't let yourself get stressed or anxious.
4. Remove the wrapper from the suppository and lubricate the pointed end. You can use water, K-Y® jelly, olive oil or any other lubricant.
5. Gently and slowly push the pointed end of the suppository into the rectum about one (1) inch. From the tip of your index finger to your first knuckle is about an inch.
6. Remove your finger but remain in the same position for a few minutes so that the suppository has time to absorb. Don't stand up. Avoid having a bowel movement for an hour or longer so the medicine can be absorbed.
7. Wash your hands.



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