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مستشفى زليخة

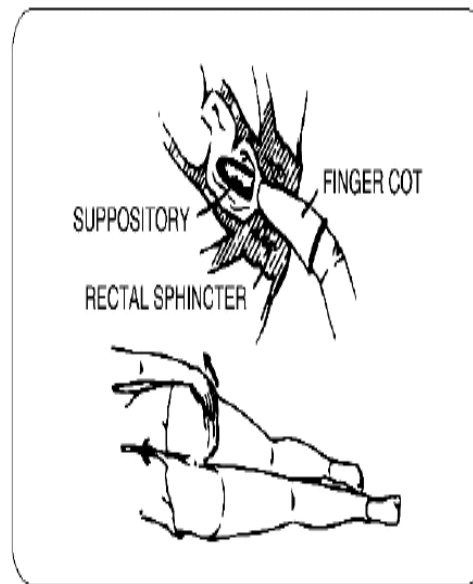
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Zulekha Hospital

Your Health Matters.

# How to Use Rectal Suppositories Properly



1. Wash your hands thoroughly with soap and water.
2. If the suppository is soft, hold it under cool water to harden it before removing the wrapper.
3. Remove the wrapper, if present.
4. If you were told to use half of the suppository, cut it lengthwise with a clean, single-edge razor blade.
5. Put on a finger cot or disposable glove, if desired (available at a pharmacy).
6. Lubricate the suppository tip with a water-soluble lubricant such as K-Y Jelly, not petroleum jelly (Vaseline). If you do not have this lubricant, moisten your rectal area with cool tap water.
7. Lie on your side with your lower leg straightened out and your upper leg bent forward toward your stomach.
8. Lift upper buttock to expose the rectal area.
9. Insert the suppository, pointed end first, with your finger until it passes the muscular sphincter of the rectum, about 1/2 to 1 inch in infants and 1 inch in adults. If not inserted past this sphincter, the suppository may pop out.
10. Hold buttocks together for a few seconds.
11. Remain lying down for about 15 minutes to avoid having the suppository come out.
12. Discard used materials and wash your hands thoroughly.