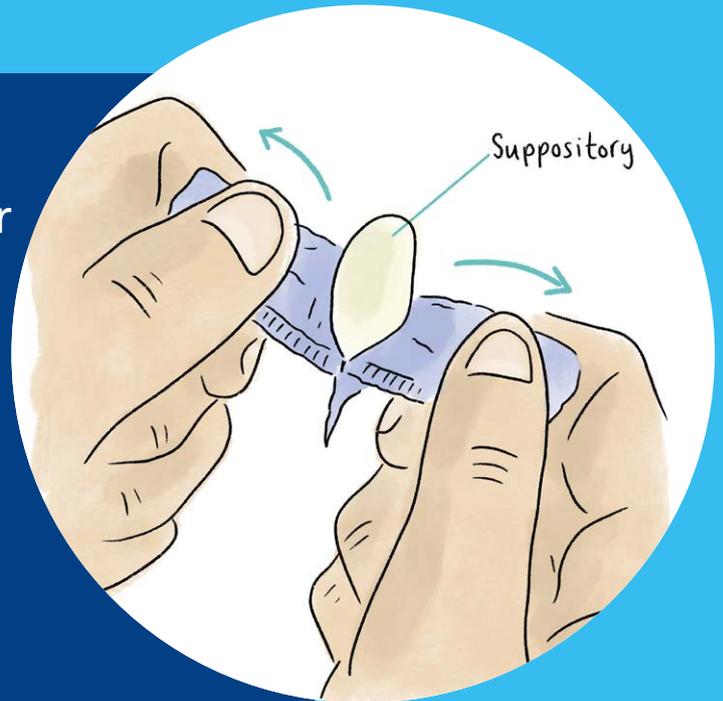


# How to give your child suppositories

A suppository is another way to give medication. When your child has a suppository, the medication is put into their rectum. A suppository comes in a solid form that when put in the rectum slowly melts.

## Tips

- Before you take the wrapper off, chill the suppository in the refrigerator or run it under cold water if it is soft.
- If the suppository does not slide in easily, the tip may be wet with cool water or a water-soluble lubricant.
- The suppository should be placed 1/2 to 1 inch inside the opening of the rectum.
- If you need to cut a suppository to give a smaller dose then cut it lengthwise, not across the middle.

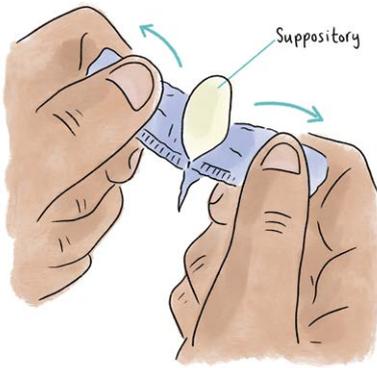




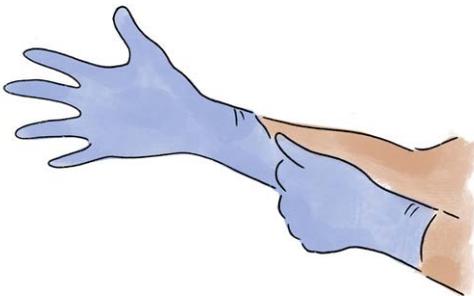
**Step 1:** Before you take the wrapper off chill the suppository in the refrigerator or run it under cold water if it is soft.



**Step 2:** Wash your hands with soap and water.



**Step 3:** Remove the wrapper (foil or plastic) if there is one, from the suppository.



**Step 4:** Put on a disposable glove or finger cot if you like. These are usually available in your pharmacy.



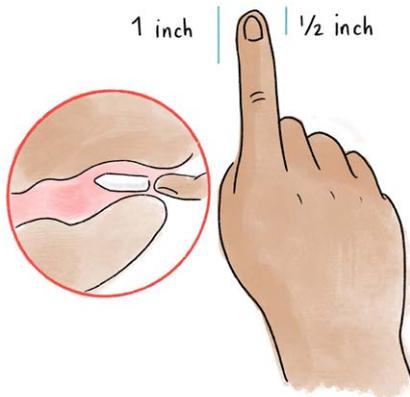
**Step 5:** Lubricate the tip with a water-soluble lubricant



**Step 6:** Lie your child on their side with the lower leg straightened out and the upper leg bent forward toward the stomach.



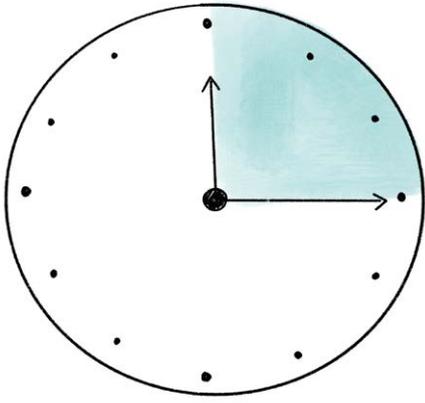
**Step 7:** Insert the suppository into the rectum (bum) with your finger, aiming it toward your child's belly button.



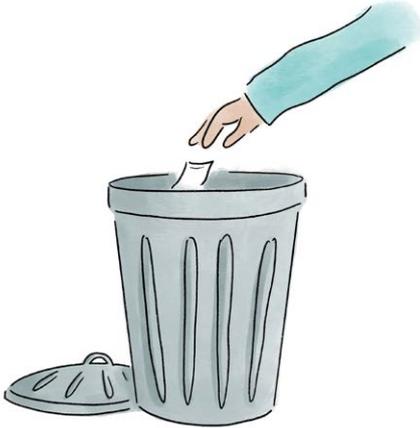
The suppository should be placed  $\frac{1}{2}$  to 1 inch inside the opening of the rectum.



**Step 8:** After you have inserted the suppository, hold your child's buttocks together for a few seconds.



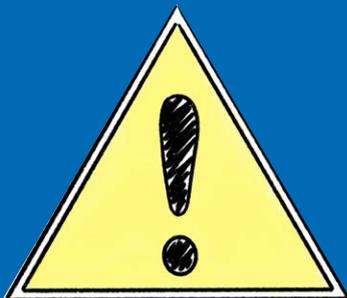
**Step 9:** Have your child remain lying down for about 15 minutes to avoid having the suppository coming back out.



**Step 10:** Discard any used materials.



**Step 11:** Wash your hands with soap and water.



Keep all medicines out of your child's sight and reach.

Read the instructions on the label and only use suppositories as instructed.

Always check the expiry date of the medicine before you give it to your child.