

Applying a Rectal Ointment

rectal use only

A **rectal ointment** places medication right where it's needed — around and just inside the anus — to soothe and treat conditions like **anal fissures, hemorrhoids, or inflammation**. Applied correctly, it works directly at the site with very little reaching the rest of your body. Always follow your prescription label first.

Get ready

1. **Wash your hands** with soap and warm water, and dry them. Trim a long fingernail if you'll apply with a fingertip.
2. **Gather:** your ointment tube, the applicator tip if one was included, disposable gloves (optional), tissue or a soft wipe, and soap and warm water for washing up.
3. **Check your label** for how much to use and how often.

Get into position

Pick whichever lets you reach the area easily:

- **Lying down** — on your side with your top knee drawn up toward your chest. Easiest for most people.
- **Standing** — one foot raised on a step or the edge of the tub, leaning forward slightly.



on your side, top knee toward chest

Applying to the outside

For irritation, itching, or a fissure at the opening, outside application is often all that's needed.

1. **Squeeze a small amount** — about the size of a pea, or the amount on your label — onto a clean fingertip or a piece of gauze.
2. **Gently spread a thin layer** over the outside of the anus and the skin right around it.
3. **Wipe away any excess** with tissue. Don't push hard or rub — be gentle.

Applying inside (with an applicator)

If your prescriber wants the medication placed just inside, use the applicator tip.

1. **Remove the cap** and screw the applicator tip firmly onto the tube.
2. **Squeeze a little ointment onto the tip** first, so it slides in smoothly.
3. **Gently insert the tip just inside** the anus — only as far as is comfortable, usually about one inch.
4. **Squeeze the tube steadily while slowly pulling the tip back out**, so the ointment coats evenly.
5. **Remove the tip** and set it aside to clean.

Afterward. Try to stay resting for a few minutes so the medication stays in place. Use it only as often as your label says — often once or twice a day.

Cleaning & storing it

1. **Rinse the applicator tip** with warm, soapy water, dry it, and recap the tube — or throw the tip away if it's single-use.
2. **Wash your hands** again.
3. **Keep it away from your eyes and mouth**, and never share it with anyone else.

Some compounded ointments need refrigeration.

Check your label for how to store yours. When in doubt, ask the pharmacy.

This guide is educational and does not replace your prescription label or your prescriber's instructions, which always take priority. **Always consult with your doctor or pharmacist** before starting, changing, or stopping any medication. Stop and contact your prescriber or pharmacist if you have severe pain, bleeding, or signs of infection; for a medical emergency, call 911. By using this information you accept that Village Pharmacy & Compounding, its owners, and staff are not liable for any injury, loss, or damage arising from its use.

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