

Inserting a Suppository

rectal & vaginal

A **suppository** is a small, solid dose of medication that melts or dissolves once it's in place, releasing the medicine right where it's needed. Village Pharmacy compounds both **rectal** and **vaginal** suppositories — this guide covers both. Always follow the directions on your prescription label first.

Get ready

1. **Wash your hands** well with soap and warm water, and dry them.
2. **If it's soft**, chill it a few minutes in the refrigerator or under cold running water (leave it wrapped) until it's firm enough to insert.
3. **Have ready:** the suppository, disposable gloves (optional), a little water-based lubricant or plain water, and tissue. Use the applicator if one was provided.
4. **Remove the wrapper.** If your label says to use half, cut it lengthwise with a clean, sharp blade.

Rectal suppository

Lie on your side with your lower leg straight and your upper knee drawn toward your chest.



side-lying, upper knee drawn up

1. **Lightly moisten the pointed end** with water or a small amount of water-based lubricant.
2. **Gently insert the pointed end first**, pushing it past the muscle you can feel at the opening — about one inch for adults (less for children).
3. **Hold your buttocks together** for a moment, then stay lying down for 5–10 minutes so it doesn't slip out.
4. **Avoid a bowel movement for at least an hour** so the medicine can absorb.

Vaginal suppository

Lie on your back with your knees bent, or stand with one foot raised on a step.

1. **If using an applicator**, place the suppository in its open end. Otherwise use a clean finger.
2. **Gently insert it** as far as is comfortable, pointing slightly toward your lower back.
3. **With an applicator**, press the plunger to release it, then remove the applicator.
4. **Lie down for a few minutes.** A panty liner helps — some melts and may leak, which is normal.

Good to know. Bedtime dosing is often easiest — lying down afterward helps the medicine stay in place and absorb.

Afterward & storing it

1. **Wash your hands** again.
2. **Rinse a reusable applicator** with warm soapy water and dry it; throw away single-use ones.
3. **Don't use one that has melted** out of shape — re-chill it until firm.
4. **Use only as often as directed**, and never share your medication.

Many compounded suppositories 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.

Web: villagepharmacymiami.com · **Call:** 305-274-8955 · **Visit:** 9408 SW 87th Ave, Suite 105, Miami, FL (MedSquare Building)