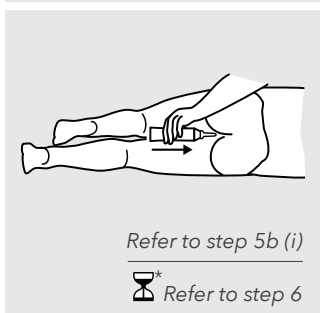
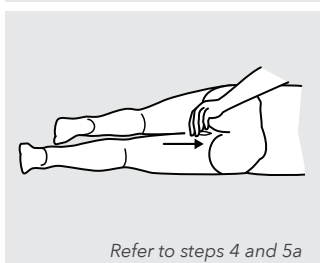
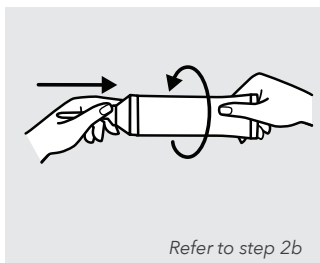
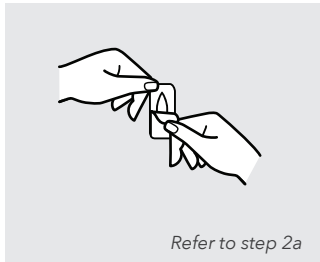


Counselling Checklist

Directions for use of suppositories and rectal ointments



⌚* Refer to instructions for waiting time

- 1 Wash your hands with soap and water.
- 2 a. Suppository: Remove from its package.
OR
b. Rectal ointment: Pierce the tube with the opposite end of the cap. For internal application: Attach the applicator to the opened tube.
- 3 a. Suppository: For easier insertion, place the suppository under cool tap water for a few seconds.
OR
b. Rectal ointment: For easier insertion of applicator, squeeze gently to allow some ointment to escape, and use it to lubricate the applicator.
- 4 Lie on your side with your lower leg straightened out, and bring your upper leg toward your stomach.
- 5 a. Suppository: Insert the suppository, pointed end first, about one inch into the rectum.
OR
b. Rectal ointments:
 - i. Internal application: Insert the applicator into the rectum and squeeze to release the medication.
OR
 - ii. External application: Apply a thin layer of ointment around the anus.
- 6 Remain lying down for about 20 minutes after inserting the suppository.
- 7 Wash your hands with soap and water. If applicable, wash the applicator thoroughly, and recap the tube.