

## Inserting Vaginal Preparations

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity for the client
  
- Check - is that the right preparation for that person?
- Follow advice on medical administration, typically such preparations are best applied just prior to going to bed at night for full benefit of the preparation
- Remove the preparation from its container and insert into the appropriate applicator
- Ensure vaginal cream has been applied to lubricate (this is standard with some preparations/applicators)
- The client lies back and raises their knees to provide suitable access to the vagina
- Insert the applicator into the vagina as far as is comfortable
- Gently apply pressure to the applicator in order to release the preparation into the vagina
- Remove the applicator and wipe away any excess preparation with paper towel
- Throw the applicator, paper towel etc. away into the clinical waste
- Make sure the client is comfortable
  
- If, at any time, the client is uncomfortable, stop before starting again

