

## **Inserting a Rectal Suppository**

(non laxative)

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure absolute privacy and dignity
- Assist the client onto their side
- Raising their knees slightly can be helpful
- Take the suppository out of its wrapper
- Lubricate their passage with an appropriate lubricant using your index finger
- With your left hand (right hand if you are left handed), slightly part the buttocks
- Encourage the client to breathe in and out deeply (this relaxes the sphincter muscle)
- Let the client know you are going to insert the suppository
- Making certain there is suitable lubrication, gently insert the suppository using your index finger to guide it
- It should be 40mm to 50mm (1.5 to 2 inches) beyond the sphincter
- Remove your finger and, gently, hold the buttocks together for a few moments
- Clean the anal area with paper tissue and dispose in clinical waste
- Make the client comfortable
- Remind them to summon assistance if they want to evacuate
- Always follow manufacturer's instructions and the instructions of the prescriber when using suppositories

