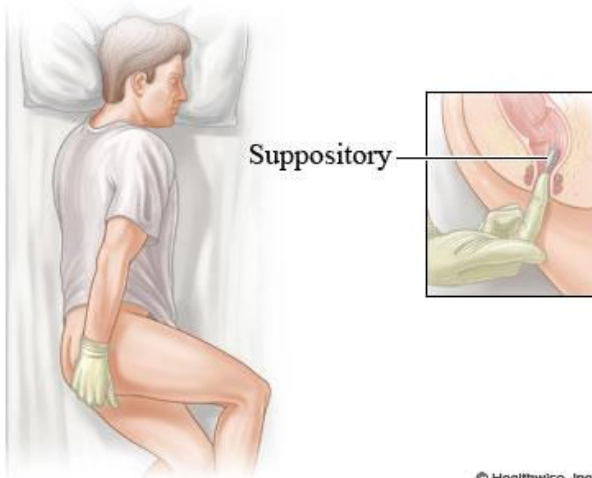




Using a Suppository



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- Always wash your hands and use gloves. Lubricate the finger of the glove with K-Y jelly or a similar product.
- You must first remove stool for the suppository to work. Have a bowel movement, or gently insert the finger and remove stool. Continue to do so until none comes out. Wait a few minutes and then try again to see if any more stool has moved down.
- Take the wrapper off the suppository, and insert it as high in your rectum as you can.

Doctors recommend lying on your left side. This takes advantage of the natural angle of the rectum and makes it easier to insert the suppository.