



Great Ormond Street Hospital for Children NHS Foundation Trust: Information for Families

How to give your child suppositories

**This leaflet explains the best way of giving suppositories
(medicines given into the bottom) to your child.**

Instructions

Remember – suppositories should never be swallowed

1. Sit your child on the toilet to see if he or she needs a poo
2. Wash your hands
3. Warm the suppository in your hands for a minute
4. Remove the foil or plastic wrapping
5. Get your child into any of these positions to give the suppository
 - Squatting down
 - Lying on one side with one leg straight and the other bent
 - Standing up with one leg raised
6. Gently but firmly push the suppository into your child's bottom as instructed
7. Push it in far enough so that it does not slip out again
8. Ask your child to close his or her legs and hold your child's buttocks together for a few minutes
9. Wash your hands again

If your child needs a second suppository, wait until the first has dissolved before inserting the second.

Looking after your child's suppositories

- Always check the expiry date of the medicine before giving it to your child
- Keep the suppositories in a cool, dark place according to the label.
- Read the instructions on the label and only use the suppositories as directed.
- Keep all medicines out of the reach of children

If you have any questions about your child's suppositories, please ask your family doctor (GP) or local community pharmacist.

Compiled by the Pharmacy department in collaboration with the Child and Family Information Group
Great Ormond Street Hospital for Children NHS Foundation Trust, Great Ormond Street, London WC1N 3JH
www.gosh.nhs.uk