

How to give your child suppositories: information for families

This information sheet from Great Ormond Street Hospital describes how to give your child medicine in suppository form (into the bottom). An Easy Read information sheet is included for your child. If you have any questions about your child's suppositories, please ask your family doctor (GP) or local community pharmacist.

What to do

Remember – suppositories should only be inserted into the bottom

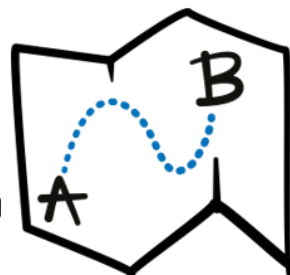
1. Sit your child on the toilet to see if they need a poo.
2. Wash your hands.
3. Before unwrapping the suppository, warm it in your hands for a minute.
4. Remove the foil or plastic wrapping.
5. Get your child into any of these positions to give the suppository:
 - Squatting down
 - Laying on one side with the lower leg straight and the upper one bent
 - Standing up with one leg raised
6. Holding the suppository with the rounded end upwards, gently but firmly push it into your child's bottom as instructed.
7. Push it in far enough that it does not slip out again.

8. Ask your child to close their legs and clench their buttocks together for a few minutes – you might need to hold them together.
9. Wash your hands again.




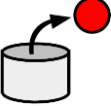
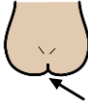


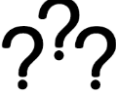
Note: If your child needs a second suppository, wait until the first has dissolved before inserting the second one.

Storing the suppositories safely

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



How to use a suppository

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|  | Sit on the toilet to see if you need a poo |
|  | Wash your hands |
|  | Hold the suppository in your hands for a few minutes to warm it |
|  | Take the suppository out of the wrapper |
|  | Put the suppository into your bottom so it doesn't fall out |
|  | Keep your legs closed and your bottom squeezed for a few minutes |
|  | Wash your hands again |
|  | If you have any questions, ask your pharmacist |

