

Here's Help: How to Insert Your Child's Suppository

A suppository is a different kind of medicine because of where it goes.
And that's in the rectum.

The truth is that sometimes kids can't swallow or keep down a medicine, so the rectum is just another path to healing.

And it's another way for medicine to be absorbed by the body.
It's no big deal.

And don't worry... it's easier and quicker than you think.

Here's how.
Make sure you have the correct medicine.

Be sure to read, understand, and follow your doctor's or the label's directions.

Wash your hands.
And if you have disposable medical gloves... wear them.
Wearing disposable gloves might make you more comfortable.

Place your child either on their side with their knees bent to the chest...
Or... on their back with their legs raised as if you're changing a diaper.

Another way is to have your child on their stomach, with their knees over your lap.
Take the wrapper off the suppository.

Hold it between your thumb and index finger.

With your other hand, open the buttock cheeks so you can see the anal opening.

Now, using the tip of your finger, gently insert the round end into the opening.

You don't have to push it in very far--just in enough so that it doesn't fall out.

You could cover your child with a towel or blanket. Then have your child lie still for a few minutes.

This lets the suppository start to melt and begin to work.

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You could read a story while you both wait. Waiting like this also helps keep your child from trying to push out the medicine.

Wash your hands... even if you wore gloves.

That's it!

A suppository may go in a different way, but it still works where it's needed.

Yes, it may feel a little scary to give a suppository, but you can do this!

Remember, when you're relaxed and calm, your child will be more relaxed too.

And if you have any questions, you can always call your doctor or pharmacist.