

Rectal Suppository

Rectal suppositories are used for people with a non-reflex bowel or for people who still have feeling in the rectal area and cannot tolerate a dil. Sometimes they are even used with a dil. They should be given at the same time every day or every other day in order to stay on schedule and avoid bowel accidents. Common suppositories are Dulcolax, Therevac, and Magic Bullet. Suppositories are generally used at night because they can take anywhere from 15 minutes to 8 hours to work.

How to Insert a Rectal Suppository

1. Gather supplies.

- Gloves
- Lubricant
- Suppository
- Plastic bag to remove waste
- Soap, water, washcloth and towel
- Toilet paper
- Underpads (if doing this in the bed)
- Raised toilet seat, commode chair or shower chair (if doing this in the bathroom)



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2. Wash hands.
3. Prepare all needed supplies and place on a towel.
4. Lie on left side and place an underpad under the buttocks area.
5. Put gloves on both hands.
6. Place lubricant on your finger and do a rectal clearing 30 minutes before putting in the suppository. Place small amount of lubricant on the tip of the suppository
7. Put suppository into the rectum. Do not push suppository into stool.
8. Leave the suppository in place for at least 30 minutes.
9. If able, transfer to a commode chair, raised toilet seat or Activeaid.
10. If not able to transfer, stay on left side and do a rectal clearing onto the underpad. Many people find it easier if they are propped up on their side with pillows or up on their elbow.
11. When no more stool comes out, clean buttocks and rectal area with toilet paper and then soap and water; dry well.
12. Flush toilet or throw out waste.
13. Wash hands.