Medications – Rectal Suppository Insertion

SECTION: 16.25

PURPOSE:
To insert medication into the rectum.

CONSIDERATIONS:
1. Suppositories should be firm for insertion.
2. Hold suppository under cold running water until it becomes firm, or place it in refrigerator for several minutes.
3. Use at least two patient identifiers prior to administering medications.

EQUIPMENT:
Suppository medication
Water-soluble lubricant
Personal protective equipment, as indicated
Tissues, washcloth/towel, as needed

PROCEDURE:
1. Adhere to Standard Precautions.
2. Identify patient and explain procedure.
3. Assemble equipment.
4. Provide privacy for patient.
5. Position the patient in a left lateral position to decrease likelihood of suppository being expelled and expose anus.
7. Remove suppository wrapper.
8. Lubricate suppository and gloved finger with water-soluble lubricant.
9. Separate the patient's buttocks to expose anus. Ask patient to breathe deeply to relax anal sphincter. Gently insert the suppository into rectum, tapered end first. Using forefinger, direct suppository along the rectal wall toward the umbilicus, advancing it 3 inches or about the length of forefinger until it has passed the internal anal sphincter.
10. Gently hold patient's buttocks together until the urge to defecate subsides.
11. Clean excess lubricant from anus.
12. Urge patient to retain suppository at least 20 minutes.
13. Discard soiled supplies in appropriate containers.

AFTER CARE:
1. Document in patient's record:
   a. Medication administered, dose, time and route.
   b. Results from suppository.
   c. Patient's response to procedure.
   d. Instructions given to patient/caregiver.
   e. Communication with the physician.