

After administering suppositories:

- Encourage your child to hold in the suppository as long as possible to ensure it works effectively. Use distraction for a young child. It is a normal reaction for your child to want to pass the suppository. REMEMBER: to ensure the medicine works well, it needs to stay in the back passage for as long as possible.
- Wash your hands
- Praise your child for co-operating with you.
- Store suppositories as per manufacturer's instructions, out of the reach of children.

How long will the medicine take to work?

Medicines are absorbed via the rectum within minutes. However, absorption times differ depending on the medication and the child's condition. For further information, check the instructions or with your pharmacist.

Will it hurt my child?

No. Explaining what you are going to do first will help to reduce any anxiety. Don't forget to praise your child too.

What will I do if my child passes the suppository?

If you have inserted the suppository far enough into the back passage, it should not be passed. However, if the suppository comes out in tact reinsert it using the same technique. (Do not insert a new suppository)

If your child experiences any side-effects of the medicine that you are worried about, (Details of which were discussed with you prior to discharge with your team and details of which are written on the information leaflet contained in the suppository box) contact your GP/nurse or local emergency department unless directed to contact the team in the hospital by your consultant.

If you have any concerns about the method of administering suppositories, have any difficulty in administering a suppository or notice any abnormality in relation to your child's back passage, seek advice from your GP/nurse.

Remember: Talk to your nurse or doctor if you are unsure about anything.

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Information Leaflet for Parents / Carers

ADMINISTERING SUPPOSITORIES TO YOUR CHILD



Children's Health Ireland at Crumlin

Phone: 01-4096100

The leaflet will help you to administer suppositories safely to your child.

Suppositories: are a form of medication that is inserted into the rectum (back passage). They are used often for infants or when it may be unsuitable to give medication to a child by mouth (vomiting, nausea). Certain medications work specifically via this route. The medication is enclosed in a wax pellet, which is dissolved by your child's body heat. It is a very safe and effective method of giving your child medicine.

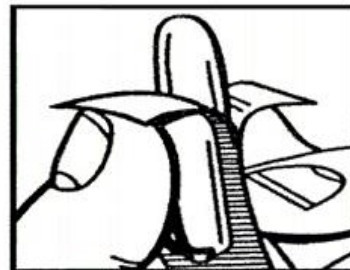
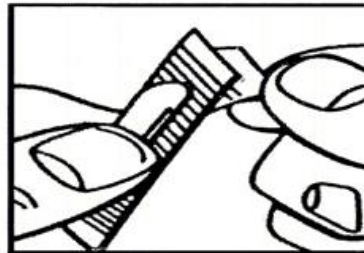
This medication is designed specially to be given rectally and **SHOULD NOT BE GIVEN BY MOUTH.**

Further information on suppositories can be obtained from your GP/ nurse or from the manufacturer's information included with the medicine.

Before you administer the suppository:

- If possible, encourage your child to empty their bowels. Some children feel as if they need to use the toilet after receiving the suppository and may then pass the medicine in the toilet/nappy. This can be prevented by encouraging them to use the toilet first.
- Ensure you are giving the correct medicine at the correct time. Always follow your doctor's instructions.
- Read the information supplied with the medicine.

- Always ensure the medication is used before the stated expiry date.
- Explain what you are going to do to your child to ensure they co-operate with you. They may also want to hold their favourite toy or comforter
- Wash your hands
- Hold the suppository in your hands for a minute to warm it.
- Remove the plastic wrapping from the suppository
- Lubricate the tip of the suppository if the manufacturer's information leaflet states so

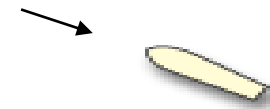


Administering the suppository

Suppositories can be administered in several positions.

Infant: lying on their back with the legs held upwards to ensure you can see the area clearly

Toddler / older child: The infant position can be used or lying on their side with the knees bent up towards the chest. Gently insert the suppository into your child's **back passage** (the rectum). Insert the pointed end first or per manufacturer's instructions.



- Gently push the suppository into the back passage far enough that the end of the suppository is no longer visible and it does not come back out. (Usually 2-4cms depending on the size of the infant/ child).
- If possible, hold your child's buttocks together for 10-15 minutes or ask them to lie still. This will encourage your child to hold onto the medication until it takes effect.
- If the suppository comes out in tact, reinsert using the same technique.