

How to use Rectal Suppository

肛門塞藥的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵海洋公園站 (C出口) 步行至港怡醫院。



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 港怡醫院
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Step 1 步驟1

Always wash your hands thoroughly with soap and water before using rectal suppository.

使用肛門塞藥前，先用肥皂 / 洗手液清潔雙手。

Step 2 步驟2

If the suppository is too soft, chill it in the refrigerator for a few minutes to harden it for easier application.

如塞藥太軟，可先放置雪櫃一會兒，令其有適宜硬度，更容易使用。

Step 3 步驟3

Use disposable finger caps or plastic gloves if necessary.

如有需要可戴上用完即棄的手指套或膠手套。

Step 4 步驟4

Unwrap the packing. If required, apply water-soluble lubricant such as KY jelly or water on the pointed end of the suppository.

除去包裝紙。如有需要可用水溶性潤滑劑或水搽 在塞藥尖端。

Step 5 步驟5

Lie on one side and keep the bottom leg straight and bend the top leg towards your stomach.

側臥，下腳伸直，上腳向前屈曲。

Step 6 步驟6

Lift the upper buttock and relax the anus, then gently insert the suppository into the anus with your finger for a depth of about 3 cm for adults and about 2 cm for babies.

抬起臀部，放鬆肛門，並用手指將塞藥推進肛門：

Step 7 步驟7

Pull both legs together and remain lying sideways for about 5 to 15 minutes after the insertion to prevent the suppository from coming out.

將雙腿合攏，維持側臥姿勢約五至十五分鐘，以防塞藥倒擠出來。

Step 8 步驟8

Discard used materials and wash your hands thoroughly after application.

扔掉手指套或手套及洗淨雙手。

Additional information

注意事項

- | If you are using half of the suppository, cut it lengthwise by a clean blade. Dispose the remaining half.
- | Doctor may prescribe both oral formulation and suppository of the same drug. Avoid using both medicine at the same time to avoid overdose.
- | Do not use oil-based lubricant such as Vaseline when using suppository.
- | 如劑量是使用半粒肛門塞藥，可用刀片切割一半，把剩餘一半棄置。
- | 醫生可能會同時選用同一藥物的口服藥及肛門塞藥。切記不可同時使用，以免過量。
- | 使用肛門塞藥時避免使用油性潤滑劑如凡士林。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。