

# How to use Rectal Suppository

肛門塞藥的使用方法



On your side 護您同行



Gleneagles  
HONG KONG  
港怡醫院

## 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. If you need them, wear them until you have finished using the suppository.

## 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：

成人約三厘米深，嬰兒約兩厘米深。

## 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。



### Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

### MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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