



How to Use Your Suppositories

1. Wash your hands.
2. Remove any foil or plastic wrapping from the suppository.
3. Either squat or lie on your side with one leg bent and the other leg straight.
4. Gently, but firmly, insert the suppository into the vagina, pointed end first. If necessary, moisten the end of the suppository with some water. Push far enough so that the suppository cannot slip out.
5. Close your legs and either sit or lie still for a few minutes.
6. Wash your hands.

Suppository Storage

1. Store in a cool, dry place. Place them in the refrigerator on warm days to prevent melting. If melting occurs, place in refrigerator until firm again.
2. Do NOT use after expiration on package.

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