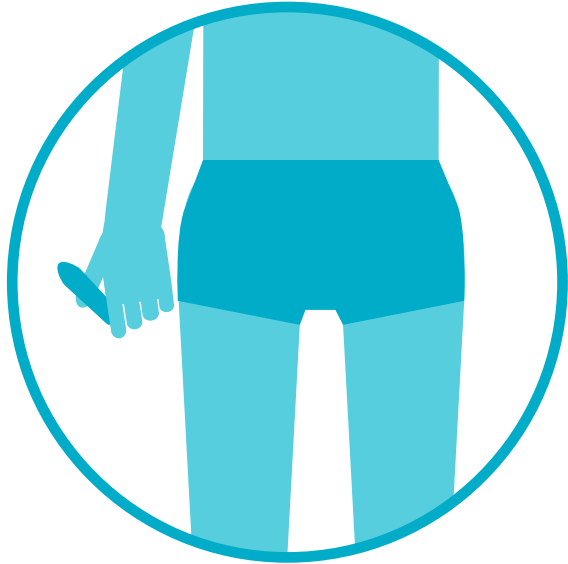


# use your rectal suppositories the right way

正确使用直肠塞药



Suppositories are **NOT** to be taken orally. They are for rectal use only.  
塞药是专供直肠用, 不可口服。



- 1 Wash your hands with soap and water before using the suppository.  
请用肥皂与清水洗手。



- 2 Remove the wrapper from the suppository.  
把包装纸拆开, 取出塞药。



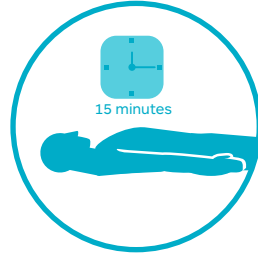
- 3 Moisten the suppository with water or use a lubricant to lubricate the suppository tip and rectum.  
用水或润滑剂把塞药尖端及直肠润湿。



- 4 Lie down on your side, with one knee bend up towards your chest. Insert the suppository, tapered end first into the anus. Push well up into the rectum with finger.  
侧卧, 并将膝盖往胸前弯曲。然后把塞药尖端塞入肛门里。用手指把塞药推上直肠。



- 5 Wash your hands with soap and water after each insertion.  
请用肥皂与清水洗手。



- 6 Lie down for about 15 minutes. This helps the anus to retain the suppository so that the medication can work better.  
静躺十五分钟, 使塞药停滞在肛门内, 发挥更大的作用。