

Leamington Mennonite Home  
Long Term Care

POLICY AND PROCEDURE

<b>CATEGORY:</b> Nursing	<b>SUBJECT:</b> Rectal Suppositories	<b>SECTION:</b> R <b>POLICY:</b> 4
<b>DATE:</b> February 1995	<b>Administrator:</b> _____ <i>J. M.</i>	
<b>REVISION DATES:</b> December 2005	<b>Director of Care:</b> _____ <i>Cheryl Allick</i>	

RECTAL SUPPOSITORIES

**POLICY:**

In meeting the residents needs, from time to time it may be necessary to insert a suppository to assist with constipation. See Policy & Procedure on Bowel Protocol.

**PROCEDURE:**

1. This procedure should be done early in the morning to aid with digestion and increase comfort.
2. Gather all necessary supplies: suppository, vinyl gloves and lubricant.
3. Explain the procedure to the resident and provide privacy.
4. Wash hands and place the materials at the bedside.
5. Make sure the bed is flat.
6. Place the resident on his / her left side with the knees drawn up to the chest. Another HCA may be necessary to assist with positioning.
7. Expose buttocks.
8. Unwrap suppository, leaving it on the wrapper. Put on the gloves and take the suppository between the thumb and index finger and lubricate.
9. With the other hand draw up buttocks to expose the anus.
10. Slip the suppository into the anus with the gloved finger and push up as far as the finger will reach.
11. Withdraw finger and hold buttocks together for a few seconds.
12. Remove gloves and discard.

13. Turn the resident onto their back. Explain to the resident that they should retain the suppository 15 to 20 minutes if possible.
14. Give the call bell to the resident so they may call for assistance or get them up on commode after 20 minutes or sooner if required.
15. Remove all supplies and waste.
16. Those residents that are not toileted, should be left in bed with incontinent product on.
17. Document on HCA flow sheets.