



藥物常識

「肛門塞藥」

使用方法

How to insert Suppository



香港浸信會醫院
Hong Kong Baptist Hospital

使用肛門塞藥的方法

How To Insert Suppository ?

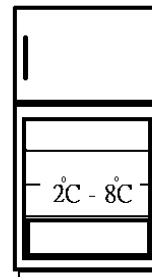
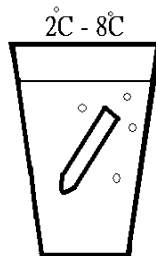
一. 使用肛門塞藥前，請徹底清潔雙手。

1. **W**ash your hands thoroughly before administering the suppository.



二. 如藥塞太軟，可先浸在凍水或放置雪櫃（切勿放入冰格）中一會兒，以便有適宜硬度，較易使用。

2. **I**f you find the suppository is too soft to be inserted run the suppository under cold water or place it into the refrigerator while it is still in the wrapper, to be sure it is firm.



三. 如有需要可戴上手指套或用完即棄的膠手套。



2. **P**ut on a pair of disposable medical gloves or finger stalls when necessary.

四. 除去包裝紙。如有需要可用水溶性潤滑劑搽在「塞藥」頭部，或用水濕潤肛門以代替潤滑劑。

4. **R**emove the suppository from its wrapper and place a small amount of lubricant on the tip. If lubricant is not available, moisten the rectum with water before insertion.

五. 側臥，下腳伸直，上腳向前屈曲，
嬰孩或兒童可伏在成人大腿上。見圖。

5. **E**ither squat or lie on your side with one leg bent and the other straight. Children may lie down on the thighs of sitting adult.



六. 放鬆肛門，插入塞藥，並用手指推進，塞入肛門。嬰兒約二厘米深，成人約三厘米深。

6. **R**elax rectal muscles then use one finger gently push the suppository up into the rectum until there is no resistance (the distance will be about

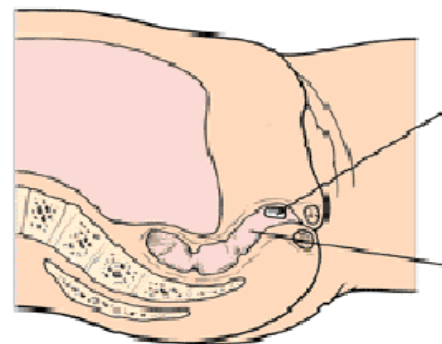
two centimeters for infants and three centimeters for adult).

七. 將雙腿合攏，維持側臥姿態約十五分鐘，以防塞藥倒擠出來。亦可採用交疊雙腿而坐以代替前述之姿勢。

7. **C**lose your legs and lie on your side or sit down with legs crossed for 15 minutes to keep the suppository stay in place.

八. 扔掉手指套或手套及洗淨雙手。

8. **R**emove the gloves or fingers gloves and wash your hands thoroughly after administering the suppository.



肛門塞藥
Suppository

直腸
Rectum

藥物指引只供參考之用。

用藥應按照醫生指示。

如有疑問請向主診醫生或藥房職員查詢。

藥物查詢熱線: 23398964

The above information is for reference only .

If you have any problems, please consult your doctor or our pharmacy

Drug enquiry hotline: 23398964

香港浸信會醫院網址: www.hkbh.org.hk

HK Baptist Hospital website: www.hkbh.org.hk

香港浸信會醫院藥房編制

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