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如欲索取其他藥物資料及指引，請掃描二維碼。



Precautions 注意事項

- ◆ Try not to empty bowel for at least 1 hour after the use of suppository (unless it is a laxative)
盡量避免在用栓劑 1 小時內排便。(除非使用通便栓劑)。
- ◆ The common experienced side effects include mild rectal irritation/burning, diarrhea, abdominal discomfort and etc.
常見的副作用包括肛門輕微刺激或灼熱，腹瀉，腹部不適等。
- ◆ Store in a cool, dry place away from direct heat and light unless otherwise specified on the label.
除非標籤上另有說明，否則把栓劑存放在陰涼乾燥處，遠離直接熱源和光照。

Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

Contact 聯絡

Drug information Hotline 藥物查詢熱線：
2339 8964

Website: <https://www.hkbh.org.hk>

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HOW TO USE RECTAL SUPPOSITORY 肛門栓劑的 使用方法



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Steps of using rectal suppository: 使用肛門栓劑的正確步驟

1. Wash hands thoroughly with soap and put on a pair of disposable finger caps or gloves if preferred.
用肥皂清洗手部，如有需要可戴上即棄的膠指套或手套。
2. If the wrapped suppository is too soft to be used, place it either in cold water or the refrigerator for a couple of minutes to harden it. Do not put in the freezer section.
如未拆包裝的栓劑太軟，可先把它浸在冷水或放置雪櫃裡數分鐘令栓劑變硬。切勿放入冰格裡。
3. Unwrap the suppository. Place a small amount of water-soluble lubricant or water on the pointed end of the suppository if required for easier insertion.
除去栓劑外的包裝。如有需要可將少量水溶性潤滑劑或水搽在栓劑尖端以便更易使用。

4. Lie on a side position with the lower leg kept straight and the upper leg bent towards the stomach. Infant or child can lie down on the thighs of a sitting adult.
側臥，並將下腿伸直然後上腿向腹部彎曲。嬰兒或兒童可伏在成人大腿上。
5. Lift the buttock with one hand to expose the rectal area and relax rectal muscles.
用手將臀部肌肉掀起使肛門位置外露然後放鬆肌肉。
6. Gently insert the suppository into the anus with the pointed end first. Push the suppository inwards to a depth of approximately 3cm for adults and 2cm for babies.
將栓劑從尖的一端塞進肛門內；成人約3厘米深，嬰兒約2厘米深。
7. Bring the legs together and remain in the sideway position for 5 to 15 minutes to prevent the suppository from falling out.
將雙腿合攏然後維持側臥姿態約5至15分鐘以防栓劑倒擠出來。

8. Remove and dispose the finger caps or gloves. Wash your hands thoroughly after application.
用完栓劑後，丟掉即棄手指套或手套然後徹底清潔雙手。

*Seek assistance from others to administer the suppository for you if necessary.
如有需要，請他人協助使用肛門栓劑。



You may feel the urge to force out the suppository shortly after insertion.

This effect should subside within a few minutes after the suppository melts.

使用栓劑後，有機會出現便意而排出藥物。這種感覺會在栓劑溶解後幾分鐘內消失。
