

# Giving a rectal suppository

Equipment: gloves, suppository, lubricant, bath blanket, toilet tissue

1. Wash your hands.

*Provides for infection control.*

2. Identify yourself by name. Identify the resident by name.

*Resident has right to know identity of his or her caregiver. Addressing resident by name shows respect and establishes correct identification.*

3. Explain procedure to the resident. Speak clearly, slowly, and directly. Maintain face-to-face contact whenever possible.

*Promotes understanding and independence.*

4. Provide for resident's privacy with curtain, screen, or door.

*Maintains resident's right to privacy and dignity.*

5. Adjust bed to a safe level, usually waist high. Lock bed wheels.

*Prevents injury to you and to resident.*

6. Raise side rail on far side of bed. Lower side rail nearest you.

*Prevents injury to resident.*

7. Help resident into left-sided Sims' position. Cover with a bath blanket.

8. Uncover resident enough to expose buttocks only.

9. Unwrap the suppository.

10. Put on gloves.

*Protects you from body fluids.*

11. Lubricate suppository as needed.

12. Spread buttocks to expose anal area.

13. Insert the suppository, using your index finger. Place the suppository past the rectal sphincter against the wall of the colon.

14. Ask the resident to take deep breaths, as it will help him or her relax and retain the suppository.

15. Withdraw the finger and hold toilet tissues against the anus briefly.

16. Remove gloves.

17. Wash your hands.

*Provides for infection control.*

18. Remove bath blanket and cover the resident. Ask the resident to retain the suppository as long as possible. Make resident comfortable.

19. Provide a bedpan or assistance to the bathroom when needed.

20. Return bed to appropriate position. Remove privacy measures.

21. Before leaving, place call light within resident's reach.

22. Report any changes in resident to the nurse.

*Provides nurse with information to assess resident.*

23. Document procedure using facility guidelines.

*What you write is a legal record of what you did. If you don't document it, legally it didn't happen.*

**Handout 5-2**