



## COMMONLY ASKED QUESTIONS ABOUT VAGINAL AND RECTAL SUPPOSITORIES

This medication has been specifically compounded by our pharmacists as directed by your practitioner. Careful technique and skill are involved in the preparation of the compounded prescription.

### **Why am I using this medication?**

Bioidentical hormones are usually prescribed at doses that are intended to match the body's normal level of hormones. Bioidentical hormones might be used for many reasons, including, but not limited to, hormone therapies (for both men and women), premenstrual syndrome (PMS), postpartum depression (PPD), and infertility.

### **How do I use this medication?**

Suppositories may be used either vaginally or rectally. They should be used exactly as your practitioner has prescribed. If your directions say to use a suppository more than once a day, try to space the doses as evenly throughout the day as possible.

Before and after using this medication, you should wash your hands thoroughly. Our suppositories come in a protective plastic wrapper that must be removed before they are inserted. Use a pair of scissors to cut along the perforated lines in order to separate the individual suppositories. At the curved end of each suppository, the plastic covering separates into two pieces. With your fingertips, grasp one piece in each hand and gently pull the pieces away from one another. This will cause the wrapper to separate from the suppository. Carefully remove the suppository from the wrapper. Discard the wrapper.

Rectal suppositories can be inserted with your fingers while lying down on your side. You may want to apply a small amount of lubricant to the suppository. Vaginal suppositories can be inserted while seated on the toilet or while lying down on your back. To help you insert the suppository, a plastic applicator has been included. Place the unwrapped suppository into a clean, dry applicator so that the curved end of the suppository points out of the applicator. Insert the applicator and suppository into your vagina (according to your practitioner's directions), push the applicator's plunger up to release the suppository, and then carefully withdraw the applicator. You may want to apply a small amount of lubricant to the end of the applicator or suppository before inserting it.

After each dose, you should wash the applicator. Separate the applicator into two pieces and wash both pieces of the applicator with warm soapy water and rinse them well. Allow the two components to air-dry separately and reassemble the applicator before the next use. Do not attempt to clean the applicator using boiling water or the microwave. It is safe to use a dishwasher.

## **What are some possible side effects of using a suppository dosage form?**

Some patients may experience vaginal or rectal irritation while using the suppositories. If this should occur, please contact us or your practitioner about alternatives. Some patients may also need to use a panty liner due to leakage when the suppository melts.

## **What do I do if I miss a dose?**

If you miss a dose, use your next dose as soon as possible. Do not double up on your dose. It is important to take your medication according to your practitioner's instructions.

## **What about storage and shipping?**

Suppositories are designed to melt at body temperature and they may also melt if they are stored in or transported in conditions that are too hot. Therefore, suppositories should be stored at controlled room temperature or in the refrigerator.

Since suppositories are temperature-sensitive, we ship them in an insulated box and include an ice pack to help control the package's internal temperature. During the warmer months of the year, the ice pack may be melted upon delivery, but this is not a problem as long as the suppositories themselves are not melted. During the winter months, the package may freeze but this will not damage the suppositories.

If you miss a dose, you may insert it as soon as you remember; however, you should not double up on your doses.

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The information provided in this insert is not meant to be a complete explanation of the purpose and use of suppositories. If you have questions regarding your medication, please call us at **(800) 279-5708** and we will be glad to help you in any way we can.

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**www.womensinternational.com**

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