

Glycerin suppositories

This information is a summary only. It does not contain all information about this medicine. If you would like more information about the medicine you are taking, check with your doctor or other health care provider. No rights can be derived from the information provided in this medicine leaflet.

About Glycerin Suppositories

This belongs to the group of medicines known as *stimulant laxatives*.

Glycerin Suppositories contain Glycerin and gelatin and are used to treat constipation.

Constipation can be caused by a poor diet, not drinking enough water and not going to the toilet as soon as you feel you need to. Pregnancy, a lack of exercise or movement (such as being ill in bed) and some medicines, including some pain killers, can also cause constipation.

Glycerin acts as a lubricant and a mild irritant and stimulates the muscles of the intestine, causing it to contract. The contractions help to move the stools along and makes passing them out of the body much easier.

Glycerin may also be known as Glycerol. You may notice either name on the packaging of your medicine.

Before using Glycerin Suppositories

Before using Glycerin Suppositories make sure your doctor or pharmacist knows:

- if you think that you may be so constipated that you have a blockage
- if you have any pain in the lower abdomen
- if you feel bloated or have stomach cramps
- if you have ever had an allergic reaction to this or any other medicine
- if you are taking or using any other medicines, including those available to buy without a prescription, herbal or complementary medicines

How to use Glycerin Suppositories

Always read the manufacturer's information leaflet, if possible, before beginning treatment.

If the suppository is too soft, it may be chilled in the refrigerator or under cold running water before unwrapping. Remove the wrapping and moisten the suppository with water. Lie on your left side (if you are right handed) and draw your knees up towards your chest, with the right leg drawn up more than the left.

Using your index finger or middle finger, whichever you find easier, gently push the suppository into the rectum, pointed end first.

The suppository should be inserted as far as possible, pushing the end of the suppository sideways to ensure contact with the wall of the bowel.

Lower your legs to a comfortable position to help you to hold the suppository in place.

Retain the suppository in place for at least 15 to 20 minutes if possible. If you feel the suppository must come out immediately, it has not been inserted high enough.

You may feel an immediate urge to go to the toilet. Try to ignore this as the suppository will not work for at least 15 minutes.

Can Glycerin Suppositories cause problems?

Glycerin Suppositories do not usually cause any side effects except occasionally tummy cramps. If you experience any worrying or troublesome symptoms, which you think may be due to this medicine, discuss them with your pharmacist.

How to store Glycerin Suppositories

Keep out of the reach of children.

Store in a cool, dry place, away from direct light and heat.

Do not keep out of date or unwanted medicines. Discard them safely out of the reach of children or take them to your pharmacist who will dispose of them for you.