HOMESTEAD HEALTH®

How to Use Cannabinoid Suppositories

Rectal Administration Guide

Cannabinoid suppositories may be used rectally as directed by your healthcare provider.

Before Use

- Wash your hands thoroughly.
- Remove the suppository from its packaging.
- If the suppository is too soft, place it in the refrigerator for 10 to 15 minutes before use.
- Empty your bowels, if possible, before administration.



How to Insert (Rectal Use)

1



Lie on your side with your upper knee bent toward your chest.

2



Gently insert the suppository approximately 1 to 1.5 inches (2.5 to 4 cm) into the rectum.

3



Remain lying down for 15 to 30 minutes if possible.

What to Expect

- The suppository will soften with body heat.
- Some leakage may occur as it melts.
- Timing and intensity of effects can vary from person to person.

Tips for Best Results

- Allow adequate time for absorption.
- Stay hydrated.
- Avoid inserting a second suppository because effects seem delayed.
- Store as directed, typically in a cool, dry place or refrigerated if specified.

Typical Patient Expectations at a Glance

What to Expect	Typical Time
Initial onset	30 to 60 minutes
Peak effects	1 to 3 hours
Duration	4 to 8 hours
Extended effects (some patients)	Up to 12 hours

When to Contact Your Healthcare Provider

- Severe discomfort or irritation
- Allergic reactions
- Unexpected or unwanted effects
- Questions about dosing or frequency of use

Patient Note: Effects can vary from person to person. For best results, allow up to 2 hours before evaluating the effectiveness of a dose.