



## Helpful Tips

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- Only use medication as directed by your healthcare professional.
  - Vaginal suppositories can leak, so they're more convenient to use at bedtime. Wear a sanitary napkin to help protect your bed linens and clothing.
  - Use a water-based lubricant or dip the suppository in cold water before using to help with insertion.
  - You can use a vaginal suppository during your period.
  - Don't use tampons when using a vaginal suppository. Tampons can absorb some of the medication. This can prevent the suppository from working well.
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**“I am so glad these suppositories are finally available. So convenient, discreet, and easy to use. I've been telling everyone how much I love using them!”**

— Bella

## About us

Founded in 2021, Peak Pharm Labs is dedicated to enhancing the sexual health and intimacy of patients throughout Canada. It combines the research initiatives of Hybrid Pharm and PleasurePeaks in order to create cannabinoid sexual health and wellness products patients need.

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Information in this pamphlet does not replace advice from your healthcare practitioner. Please contact your healthcare provider should you require more information.

Suppository instructions illustrations used with permission from the American Society of Health-System Pharmacists.



**Peak Pharm**  
**LABS**

## PATIENT INFORMATION SHEET

# Suppositories



[peakpharmlabs.com](https://peakpharmlabs.com)



# What are Suppositories?

Suppositories are solid dosage forms that are inserted vaginally or rectally to deliver medications, such as cannabinoids, at the site of application. The suppositories melt inside the body and are absorbed directly into the bloodstream allowing the medication to work quickly.

## Product Information

### Medicinal Ingredients

**1:3 Suppositories:** 30mg tetrahydrocannabinol (THC) Distillate derived, 10mg Cannabidiol (CBD) – isolate derived.

**0:50 Suppositories:** 0mg THC, 50mg CBD – isolate derived.

### Non-Medicinal Ingredients

Glycerides, C10-C18 Fatty acids, C10-C11, 2, 3 Propanetriol.

**Size:** 1.1g

**Height:** 3cm

**Volume:** 1.3ml

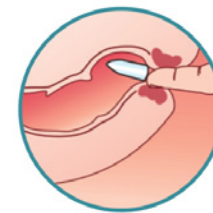
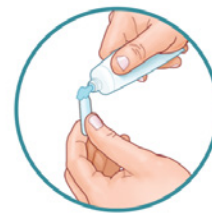
**Width (widest):** 0.8cm

## Storage

Peak Pharm Lab suppositories are room temperature stable between 20-24°C. May also be kept in refrigerator between 2-8°C.

Store medicine away from heat, light, children, & pets.

# Inserting Suppositories



## How to Insert Vaginally

1. Gently squeeze the suppository to check if it's firm enough to insert. If it is not, place suppository in refrigerator for a few minutes.
2. Wash hands thoroughly with soap and water, then dry with a clean towel.
3. Wash your vaginal area with a mild soap and water and dry thoroughly.
4. Remove the medication from the wrapper by gripping each tab and pulling back at the same time. *Place it into the end of the applicator (if needed).*
5. *Gently insert the applicator into your vagina only as far as it will comfortably go. You can position your body in one of the following two ways:*
  - *Stand with your feet apart and your knees bent.*
  - *Lie on your back with your knees bent and legs slightly apart.*
6. Using your clean finger (you can also use finger cots or gloves) insert the suppository tapered end first high into the vagina or as high as it will go comfortably.
7. *If using applicator: Insert applicator high into the vagina. Push the plunger of the applicator until it stops.*
8. The suppository will dissolve within 10-15 minutes but it is recommended to **lay flat for at least 30 minutes** so the medicine can be absorbed.
9. Discard used materials and wash hands thoroughly.

## How to Insert Rectally

1. Gently squeeze the suppository to check if it's firm enough to insert. If it is not, place suppository in refrigerator for a few minutes.
2. If possible, go to the bathroom to empty your bowels prior to insertion.
3. Wash hands thoroughly with soap and water, then dry with a clean towel.
4. Remove the medication from the wrapper by gripping each tab and pulling back at the same time.
5. Apply a few drops of water-based lubricant or cold water to insert smoothly.
6. Stand beside a chair with one foot propped up or lie down on one side with your bottom leg straight and your top leg tucked toward your stomach.
7. Using your clean finger (you can also use finger cots or gloves) insert the suppository tapered end first approximately one inch (1") into the rectum.
8. Sit down or **remain lying down for at least 5 minutes**. This allows the body's heat to melt the suppository and the absorption process to begin.
9. Discard used materials and wash hands thoroughly.