

## Rectal Suppository Treatments

**Rectal suppository therapy may include one or more medications (anti-inflammatory and pain relief drugs are common ingredients in rectal suppositories.)**

### Benefits

- Several options exist to treat rectal fissures, hemorrhoids and other problems. Your doctor may have prescribed a combination therapy to treat your specific problem. If you still have questions after reading this patient handout, ask the pharmacist for more information.
- The amount of time it takes to see the full effects of the medication varies between each patient. Consult your prescriber for additional information.

### Side Effects

- Possible side effects include skin irritation, diarrhea or allergic reaction at the site. Certain pain relief drugs may cause drowsiness.
- Severe side effects are rare but may occur. Severe side effects include hives/rash, shortness of breath, rapid heart rate, swelling of the extremities, severe vomiting/dizziness or headache, confusion, or blurred vision.
  - If you experience a severe side effect while taking this medication, please call your physician immediately. You may also report the side effect to the FDA Med-Watch Program at 1-800-FDA-1088.

### Administration

- **Rectal Rocket Suppository**
- Patients who cannot take medications orally are prime candidates for compounded suppositories. By melting or dissolving into the body cavity, they pass quickly into the bloodstream or heal local issues.
  1. The Rectal Rocket was designed for the hemorrhoid patient so that part of the suppository is inserted into the rectum to treat internal hemorrhoids, while the larger flared end of the suppository remains on the outside to treat external hemorrhoids.
  2. The suppository should be used when the patient will be able to lie down for at least six hours.



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3. The suppository should be at room temperature when placed in the rectum. The suppository should be placed under warm water for a few seconds before insertion.

4. Patients should consult their physician if they are experiencing continued excessive bleeding (bright red blood) from their hemorrhoids.

#### **Additional Information/Warnings**

- Avoid activities requiring mental alertness or coordination until drug effects are realized.
- If you miss a dose of this medication, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once. If you have any questions, please contact your physician or pharmacist.
- Before taking this medication, tell your healthcare provider about all the medications you are currently taking including prescription medications, herbal supplements, vitamins, and over the counter medications.
- Call your doctor immediately if you are pregnant, intend to become pregnant, or intend to breastfeed. Your doctor will need to review each medication used during pregnancy or breastfeeding.
- Continue to have routine appointments with your physician to assess and monitor your response to the medication and condition as recommended.
- Do not share medication with another person, even if they have the same symptoms you are experiencing.
- The information in this patient advisory leaflet is not intended to cover all possible uses, directions, precautions, drug interactions, or adverse effects. If you have questions about the medicines, you are taking or would like more information, check with your doctor or pharmacist.
- This compound medication is customized for the patient and is exclusively available with the prescription from a prescriber.
- Please refer to receipt for a list of ingredients in your medication.

#### **Storage**

- Refer to the label on your prescription for refrigeration requirements (do not freeze).



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- If refrigeration is NOT required- store medication at room temperature in a cool, dry place. Do not store in the bathroom, a vehicle, or any other location with varying temperatures or humidity.
- If refrigeration is required store in the refrigerator out of reach of children.
- Compounded medications are not usually prepared in child resistant containers and should be kept away from children and pets. If you would like to have a lockable zip lock bag for your compounded medications, please call the pharmacy and ask the technician to include child resistant packaging with your refills.
- Unused medications left in the medicine cabinet can be a temptation for children and teenagers. Discard unused medications promptly. Do not flush drugs down the toilet or into the sink drain as they could be hazardous to the environment. Contact your local disposal company for more details about how to safely discard medications when they are expired or no longer needed. Big Red Barrel and Yellow Jug are national drug disposal programs. Visit [www.bigredbarrel.com](http://www.bigredbarrel.com)

### **Prescription Expiration & Medication Beyond Use Date**

- Refer to the label for the expiration date of your prescription.
  - Your prescription expires in two ways:
    - You have used all of the refills prescribed.
    - The prescription has reached the expiration date of one year (or six months for controlled drugs).
  - When a prescription expires, allow plenty of time to visit your doctor and for the pharmacist to compound your prescription renewal.
- Refer to the *discard date* or *beyond use date* on your bottle to learn when your medication should be discarded. Compounded medications have a shorter shelf life than those of manufactured drugs. The beyond use date is the longest date we can guarantee full potency of your medication.

### **WHAT ARE HEMORRHOIDS?**

Hemorrhoids are small veins that have become enlarged and swollen (called “varicose”) around the rectum and anus. The rectum is the final or lowest part of the large bowel, and is surrounded by a circle of muscle that stretches and then tightens to force the solid waste products of digestion (feces or bowel movement) down and out through the anus, the small opening through which solid waste passes out of the body. Veins around the rectum and anus



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often swell and become inflamed, develop small blood clots, and cause minor bleeding. There are two major types of hemorrhoids – external and internal. Many people suffer from both.

#### EXTERNAL

External hemorrhoids develop under the skin, just outside the opening of the anus. They may cause pain and itch, especially during a bowel movement, and they are often tender to the touch. They are round, purple, and feel like “soft swellings.”

#### INTERNAL

Internal hemorrhoids are found further up, inside the rectum. Often these hemorrhoids are not painful, and you may not know they are there until they start to bleed.

Sometimes these internal hemorrhoids may be pushed out (prolapsed) through the anus. If that happens, they can become quite painful. When blood clots develop inside these enlarged veins, whether external or internal, the doctors say they are “thrombosed” or “thrombotic.” Thrombotic hemorrhoids can cause bleeding and pain that gets worse with irritation or increased pressure (coughing or straining, for example).

**Please contact Valiant Compounding Pharmacy at 734-545-1117 or toll free at 855-466-2583 with any questions, concerns, or for prescription refills.**