

Belladonna & Opium Suppositories

Belladonna and Opium Suppositories (B & O Suppositories) relax the muscles in the rectum, vagina or bladder. They may also help with relieving pain by decreasing spasm. Your doctor will give you this order to take to your pharmacist. It is not possible to fax or call this order into your local pharmacy.

The medication comes in 30 mg and 60 mg suppositories. You may take it up to three times a day. The medication is typically taken at bedtime, before a bowel movement or before physical therapy sessions. The Opium takes about 30 minutes to start working, the Belladonna about 1-2 hours. You should not exceed more than 4 doses in a day.

A **Suppository** is medication that is inserted into the rectum (rectal **suppository**) or vagina (vaginal **suppository**) where it dissolves or melts and is absorbed into the blood stream.

Side effects include:

- dry mouth
- sensitivity to light
- fast heart rate
- dizziness
- Hives, itching
- lightheadedness
- blurred vision
- constipation, nausea or vomiting
- sleepiness
- increased or decreased sweating

- Tell your doctor immediately if any of these rare but very serious side effects occur: severe stomach/abdominal pain, change in the amount of urine, seizures, slow/shallow breathing.

Because opium is a narcotic you must take special care while using this medication. Follow these instructions to reduce side-effects and increase the effectiveness of the medication.

- Drink plenty of fluids. The fluids allow the medication to absorb better and help with feeling lightheaded.
- This drug may make you dizzy or drowsy or cause blurred vision. Do not drive, use machinery, or do any activity that requires alertness or clear vision until you are sure you can perform such activities safely. Avoid alcoholic beverages.
- To lower your risk of dizziness and lightheadedness, get up slowly when rising from a sitting or lying position.

How to Use a Suppository:

- Wash your hands thoroughly and wear a latex glove
- Lie down on your left side in a comfortable position with your left leg flat and your right leg bent with your knee in the air.
- Try to relax, don't let yourself get stressed or anxious.
- Remove the wrapper from the suppository and lubricate the pointed end. You can use water, K-Y® jelly, olive oil or any other lubricant.



- Gently and slowly push the pointed end of the suppository into the rectum about one (1) inch. From the tip of your index finger to your first knuckle is about an inch.
- Remove your finger but remain in the same position for a few minutes so that the suppository has time to absorb. Don't stand up. Avoid having a bowel movement for an hour or longer so the medicine will be absorbed.
- Wash your hands.

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