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.

Side effects include:
- dry mouth
- sensitivity to light
- fast heart rate
- dizziness
- lightheadedness
- blurred vision
- constipation, nausea or vomiting
- Itching and holding urine (less common)

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.

**Suppository** is medication shaped like a cone which is put into the rectum.
→ Do not drive, operate machinery, or do anything else that could be
dangerous until you know how you react to B & O Suppositories. Using B
& O Suppositories alone, with other medicines, or with alcohol may lessen
your ability to drive or perform other tasks.
→ Avoid drinking alcohol or taking other medications that cause drowsiness
while taking the suppositories. It can add to the effects of alcohol and
other depressants.

How to Use a Suppository:
→ Wash your hands thoroughly or 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 may use 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 about 15
minutes so that the suppository has time to absorb. Don’t stand up. Wash
your hands.