

# For users of Luteum<sup>®</sup> Vaginal Suppositories

## How to insert the suppository

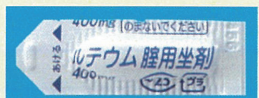


### Getting started

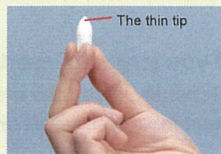
Use the restroom and wash your hands and fingers with soap and water. Please keep your nails trimmed.

### Step 1 Take out the medication (vaginal suppository).

Open the package and take out the medication, and hold it with the thin tip pointing up. Be careful not to cut your fingers when opening the package.



#### <How to hold the medication>

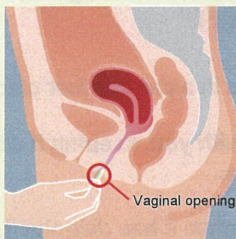


#### ..... Precautions .....

If you hold the medication in your hand for a long time, it may melt due to body temperature, so promptly insert it after opening the package.

### Step 2 Place the medication at the vaginal opening and insert it slightly.

In a comfortable position, place the medication at the vaginal opening and slightly insert the tip of the medication into the vagina.



#### <Posture during insertion>

A comfortable position for insertion differs from person to person. Insert the medication in a position that you prefer.

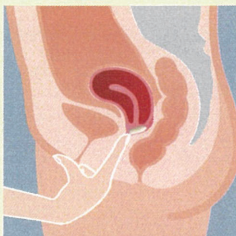


### Step 3 Push the medication in.

Relax your stomach and push the medication deep into the vaginal canal with your fingers.

#### ..... Points of note .....

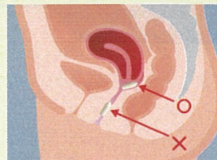
Your finger should be inserted all the way to the base (to the third joint), and the medication should be pushed as deep into the vaginal canal as possible.



\*Wash your hands after insertion.

#### <Position for insertion>

Insufficient insertion may cause discomfort. Insert it deep into the vaginal canal as shown in the figure.



#### ..... Precautions .....

After insertion of the medication, you can go about your life as usual, but you should be as still as possible for 20 to 30 minutes, avoiding walking, bathing, or strenuous exercise. If you go to the restroom immediately after insertion, the medication may fall out.

Use as directed by medical personnel.

### Precautions for use

- ▶ **This medication is inserted vaginally, so never take it orally.**
- ▶ **If the medication falls out immediately after insertion, insert it again.**
- ▶ **If dissolved medication comes out some time after insertion, do not worry if it is a small amount. If it is a large amount, consult your doctor.**
- ▶ **If you forget to insert the medication, follow your doctor's instructions. Generally, insert the medication when you notice it. If you notice it during the next insertion, insert only one suppository and not two.**

### Precautions for storage

- ▶ **Store in a cool place (e.g., a refrigerator) below 25°C (77°F).**  
**Do not store in a freezer because cracking may occur if stored at temperatures below 0°C (32°F).**
- ▶ **Do not leave the medication in a car or other place that heats up.**
- ▶ **If you take the medication with you, keeping it with ice packs or in an insulated bag is a good idea.**
- ▶ **Do not use the medication once it has dissolved.**
- ▶ **Keep out of reach of children.**

### Remarks section