



FOR PATIENTS:

A Simple Guide to Cannabis Suppositories

What Are Cannabis Suppositories?

Cannabis suppositories are **small, smooth capsules** designed to be inserted **rectally or vaginally**. Once inserted, they **dissolve and absorb** into the surrounding area.

Why Do People Use Suppositories?

Some individuals choose cannabis suppositories because:

- ✓ They prefer **not to smoke, vape, or take oils**
- ✓ They are looking for **localized relief**
- ✓ They want a **discreet option**



What Are They Commonly Used For?

Rectal Use:

- Some people report using them for **digestive concerns**
- Some seek **relief from general discomfort**
- Others use them for **nausea or relaxation**

Vaginal Use:

- Some individuals explore them for **pelvic discomfort**
- They may be used to **support menstrual or endometriosis-related symptoms**
- Some use them for **intimacy-related reasons**



How Do You Use a Suppository?

For rectal use:

- Empty your bowels if possible.
- Wash your hands.
- Unwrap the suppository.
- **Lie on your side** and gently insert about **1 inch**. (think 1st knuckle)
- Rest for **15 minutes** to allow it to dissolve.

For vaginal use:

- Wash your hands.
- Unwrap the suppository.
- **Lie on your back** or squat for easy insertion.
- Gently insert as **far as comfortable**.
- Rest for **15 minutes** to allow it to dissolve.

FAQs

Will I feel high?

- Some people report mild euphoria with THC-based suppositories, while others say they do not notice psychoactive effects.

Can I use other cannabis products at the same time?

- It's best to approach new products with caution and monitor how they feel before combining them.

How long does it take to work?

- Effects may start in **30–45** minutes and last **4–6 hours**.

Are there side effects?

- Some people experience **mild dizziness or irritation**. If this happens, **consider pausing use**.

Storage & Safety



- **Not for use during pregnancy or breastfeeding.**
- **Store at room temperature below 35°C.**
- **Oil-based suppositories should not be used with condoms.**

Final Thoughts

Cannabis suppositories are an **alternative way** to use cannabinoids that may be worth exploring for those seeking **non-oral, targeted relief**. Since everyone's experience is different, keeping track of how you feel and discussing options with a healthcare professional may be helpful.

