



RECTAL SUPPOSITORY ADMINISTRATION

CANNA-OIL PLUS ORIGINAL

10mg/gm CBD | 750mg/gm THC

The Two Suggested Methods of Rectal Administration are:

1. Using the Canna Oil Plus Original syringe as the administration tool in place of the suppository
2. Using either the purchased empty suppository molds* which you fill with Canna-Oil Plus Original or making your own homemade suppositories with coconut oil.

**Please note we do not carry pre-made suppository molds in our store.*

Before Insertion:

- Wash hands thoroughly before insertion of a suppository, as germs and bacteria can enter the body through the rectum. **Disposable medical gloves or a finger cot can be used for this purpose.**
- To ensure quality control throughout the process until administration **clean the syringe with an alcohol pad.**
- Trim fingernails if needed and file off rough edges.
- Ensure the suppository is firm enough to insert. If too soft, place in either fridge or freezer for a few minutes or quickly harden by running cold water over package.
- If only half of a suppository is being used, cut lengthwise to make insertion easier using a sterile knife or scissors. If any sharp edges, gently smooth by hand.

Insertion:

- Lie on your preferred side with your top leg pulled up towards your chest.
- Lift your upper butt cheek to expose your rectum.
- Insert the suppository lengthwise, with the pointed tip first, using your index finger to push the suppository in.

Placement:

- Ensure the suppository is inserted past the anal sphincter. If not inserted past the sphincter, some or the entire suppository may be expelled without the active ingredients reaching the rectal wall and being absorbed into the blood stream.
- **The suppository should be placed around 2 1/2 to 4 centimetres (1 to 1 1/2 inches) into the rectum, just past the anal sphincter. It is important not to place the suppository too high up in the rectum.** If placed too high, the active constituents will enter the Superior (upper) haemorrhoidal artery, which leads to the liver. This presents the same problem as oral application, as the liver will metabolize a significant portion of the active ingredient.

After Insertion:

- Hold your buttocks together and tightly squeeze the muscles in your sphincter for a few seconds to help keep the suppository from sliding out.
- Remain on your side for several minutes to allow the suppository to fully diffuse through the rectum. This will also help to prevent unintended expulsion of the suppository.
- Dispose of the glove or finger cot and wash hands thoroughly using soap and hot water, paying extra attention to cleaning under the nails and between the fingers.
- Be very aware of the possibility of unintended expulsion of melted suppository residue during flatulence over the next few hours. If you have ANY doubt, use a toilet when passing gas.



THE
NATURAL REMEDY[®]
www.thenaturalremedy.ca

Questions? Concerns?
support@thenaturalremedy.ca



OTHER OPTIONS FOR RECTAL ADMINISTRATION **CANNA-OIL PLUS ORIGINAL** 10mg/gm CBD | 750mg/gm THC

Home Made Suppositories with Coconut Oil

- **To maintain cleanliness and quality control, use disposable medical gloves throughout this process and use an alcohol pad to thoroughly clean the syringe before using.**
- Purchase a package of large, slushy-sized, thick straws.
- Fill straw with liquid coconut oil and cap ends with a small paper clip.
- Put filled straws into a clean container and freeze.
- Once frozen, cut into 1 inch long pieces, using sterile scissors or knife.
- Using a sterile instrument, create a hole in the centre of the frozen coconut oil.
- Insert the contents of syringe into hole. This is your home made suppository with **1 gm dose of Canna-Oil Plus Original**. Suppositories may be premade and kept in the freezer.
- When ready to use, squeeze the frozen, home made suppository out of the straw and insert into rectum, following **ALL INSTRUCTIONS ON PAGE ONE OF THIS DOCUMENT**.

Using the Syringe in place of a Suppository

- **To maintain cleanliness and quality control, use disposable medical gloves throughout this process and use an alcohol pad to thoroughly clean the syringe before using**
- When ready to use, **CAREFULLY** insert tip of sterile syringe containing 1 gm Canna-Oil Plus Original into the rectum, following **ALL INSTRUCTIONS ON PAGE ONE OF THIS DOCUMENT**.
****Use EXTREME CAUTION with this method and do not insert the syringe too far into the rectum****
- Cautiously use the plunger to slowly expel the full contents of the syringe, being careful not to push the syringe deeper into the rectum.

Caution:

If taking Canna-Oil Plus Original orally, one must increment at a much slower rate.

Health improvements to look for:

Improved **Sleep Patterns**
Increased **Energy Levels**
Reduced **Pain**
Enhanced **Mood**
Greater **Focus and Concentration**



THE
NATURAL REMEDY[®]
www.thenaturalremedy.ca

Questions? Concerns?
support@thenaturalremedy.ca