

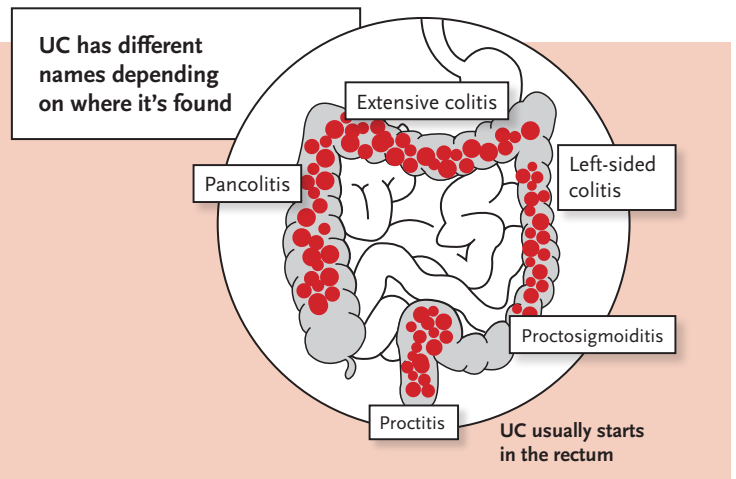
## Why have I been prescribed rectal therapy?

1 of 2

In ulcerative colitis (or UC for short), the colon and rectum become inflamed.

**The goal of treatment is to get your inflammation under control and to stop it from coming back.**

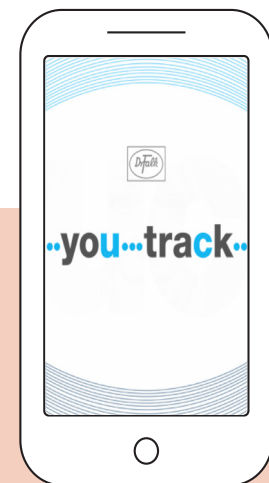
Getting the medicine where it's needed isn't always simple. For people with distal disease (UC that affects the last part of your colon), experts recommend rectal therapy as it makes sure the medicine gets to where it's needed most.



Depending on where your disease is located, the medicine is delivered to the inflamed areas by either a suppository, foam, or enema. It is natural to feel a bit uncertain about using rectal therapy at first. Don't worry, most people get used to them quickly and they become just another part of your day.

Even if you start to feel better, it is very important to stick to your treatment routine. If you do find yourself missing doses, talk to your doctor or nurse – they are there to help.

You can also download the you...track app from the App and Google Play store, or by scanning this QR code, to help you stay on track with your treatment and monitor your symptoms.



Symptom tracker app

For more information on inflammatory bowel disease, watch this video by scanning the QR code



If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://www.yellowcard.mhra.gov.uk/> for UK residents and via <http://www.hpra.ie/homepage/about-us/report-an-issue> for residents of the Republic of Ireland. By reporting side effects you can help provide more information on the safety of medicines.

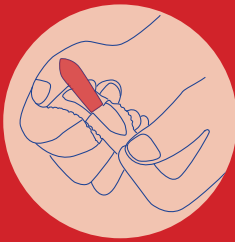
## How to use Budenofalk Suppositories

2 of 2

Budenofalk Suppositories contain a medicine called budesonide. The medicine is released when the suppository melts after you insert it into your rectum. The diagrams below show you how to use the suppository correctly. Please note, these instructions are for Budenofalk Suppositories only. **Always follow your doctor's instructions when using this medicine.**

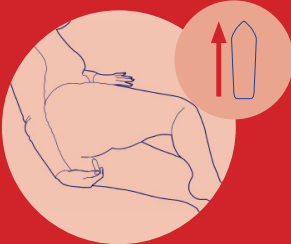
Each suppository is contained within a plastic strip.

1.



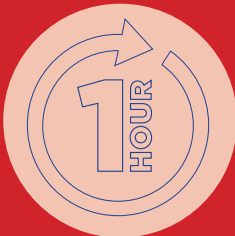
Remove a suppository from the plastic strip.

2.



Lie on your left side with your left leg stretched out and your right knee bent. Gently push the suppository into the rectum with the pointy end first.

3.



If possible, try and lie on your left side for an hour. If the suppository comes out within 10 minutes, try again with another.

You might experience leakage during the night. Don't worry, this is normal as the suppository starts to melt once you insert it.

### Please make sure you:

- wash your hands before and after use
- store away from the reach of children
- store in the original packaging
- keep in a dry place
- do not store at very high temperatures
- protect from direct sunlight
- do not use after the expiry date
- only take the suppository rectally

It's important to try and be as relaxed as possible during administration. You shouldn't feel any pain when using the suppository, but if it does feel uncomfortable it might help to use lubricant.

Unless you're advised otherwise by your doctor or specialist nurse, it is generally recommended that you keep using your therapy until symptoms settle. If your symptoms fail to settle you should let your hospital team know.

For more detailed information, please download 'How to use rectal suppositories' video illustration at [www.dr.falk.co.uk/rectaltreatments](http://www.dr.falk.co.uk/rectaltreatments) or by scanning the QR code



Provided as a service to medicine by Dr Falk Pharma UK Ltd, Unit K, Bourne End Business Park, Cores End Rd, Bourne End, SL8 5AS  
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