

## Home Hygiene Precautions After Chemotherapy

Many medications are eliminated from our bodies via exiting fluids. Chemotherapy is considered a more toxic medication and therefore special precautions are required when handling your body fluids.

Body fluids that contain the most concentrated forms of the chemotherapy are urine, stool and vomit. Therefore, we need to caution you about your hygiene practices here in our clinic as well as your home, office and / or school.

The usual time period we recommend for applying these special precautions to your daily hygiene practice is up to 48 hours after you have received a chemotherapy drug.

### PRECAUTIONS

- You can use the same toilet as your family and friends as always, but when you are finished flush twice.
- Wash hands well with soap and water!!!
- If excrement is splashed on the toilet or surrounding area that cannot be flushed, put gloves on and clean up the site with normal household cleaning agents. Throw gloves away when done and wash your hands.
- Rinse and wash with soap and water if urine, stool or vomit come in contact with yours or your families skin.
- Items soiled with urine, stool or vomit should be handled with gloves.
- Place these items directly in your washer and wash as usual. If you do not have a washer, place these items in a plastic bag until they can be washed. Wash separately from unsoiled linens.
- Unsoiled linens and clothing can be washed as usual with the other family members clothing and linens.
- Use a disposable plastic-backed pad, diaper or sheet to absorb urine and stool if you have difficulty controlling bladder or bowels.
- If you have an ostomy, you and your caregiver should wear gloves when emptying or changing appliances. Used ostomy supplies are to be handled as waste.
- Bedpans, commodes, urinals and emesis basins are to be handled with gloves when emptying. They are to be rinsed with water after each use and washed with soap and water once a day.