



## **FOR THE PATIENT: Safe Disposal of Sharp and Contaminated Medical Supplies at Home**

These instructions will tell you how to safely dispose of supplies you have used at home which are sharp or may be contaminated with blood or medications. Safe disposal prevents exposing family members and garbage workers to accidents and blood borne diseases.

### **Disposing of Sharp Supplies (examples: needles, glass)**

Select a rigid, puncture-proof household container with a lid for storing and disposing of your sharp supplies. Suitable examples include:

plastic bleach bottles  
plastic juice jugs  
plastic milk containers  
coffee, candy or nut tins

- Do NOT use a glass container as it might break!
- When you have given yourself the injection, put the needle directly into the plastic container or tin. Do not recap the needle or disconnect it from the syringe, as you might prick yourself with the needle.
- Put the lid on the container and store it in a safe place away from children.
- When the container is full or ready for disposal, pour half a cup of bleach into it. Replace the lid and seal it with strong tape. Shake the container gently so the bleach covers all the contents.
- Dispose of the sealed container in your regular household garbage.

### **Disposing of Non-Sharp Supplies (examples: swabs, disposable chemotherapy devices)**

- When you have finished with the equipment, put it directly into the Zip-lok bag clearly marked "Chemotherapy" that was provided with your supplies or into a strong plastic bag
- Seal the bag securely and store it in a safe place away from children.
- Return sealed bag to the Chemotherapy Unit on your next visit.