

## FOR THE PATIENT: **Safe Disposal of Waste at Home After Chemotherapy**

In the first 48 hours after chemotherapy treatment, patients might excrete some of the drug in their waste (urine, bowel movements, or vomit). To prevent you, caregivers and other family members from having unnecessary contact with these substances, here are some tips to help you deal with situations that may occur:

- Keep a plastic container (eg, an ice cream bucket) close by to use in case you vomit.
- If you have problems with bladder or bowel control, place plastic under the bedsheet to protect the mattress.
- Avoid splashing and spilling urine or vomit on or around the toilet.

### **How to Clean Up Spills and Dispose of Wastes:**

- Wear rubber gloves at all times while cleaning up waste or handling soiled items. Before you take them off, wash the outsides of the rubber gloves with soapy water and wash hands after removing gloves.
- Disposable gloves should be discarded after use. Wash hands after disposing gloves.
- Clean up spills as soon as possible to avoid spread to other areas.
- Flush waste down the toilet.
- Use toilet paper, if possible, to clean up spills, then flush it down the toilet. If you use paper towels for large spills, seal them in a plastic bag and put in the garbage.
- Clean soiled surfaces that are washable with soapy water and rinse well.
- Wash linens soiled with waste separately in your washing machine or sink with soapy water.
- Wash out any non-disposable containers used to collect waste with soapy water.
- Wash any waste that gets on the skin with soap and water.
- Waste water used in cleaning, laundry and washing may be disposed of via the sink or toilet.