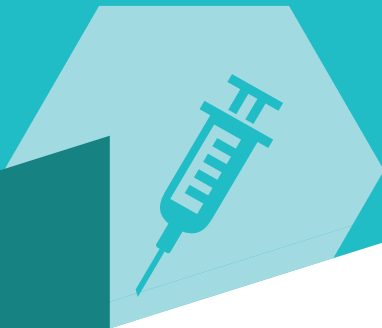
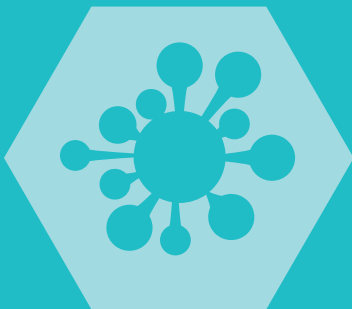


Measures at home after chemotherapy





Measures at home after chemotherapy

Waste products from chemotherapy can be present in your body for up to a week after the treatment. Your treating doctor and/or oncology nurse can tell you how long this will take in your case. During that time, the chemotherapy is broken down by your body and leaves your body in small amounts through your bodily secretions:

- Urine;
- Faeces;
- Vomit;
- Saliva;
- Wound fluid;
- Sweat;
- Seminal fluid;
- Vaginal discharge.

It is important that you inform your family and caregivers that you are being treated with chemotherapy as well as of the measures described below. By following these measures, you can minimise the risks to your environment and avoid unnecessary worry.

Contact

You do not have to avoid physical contact with your loved ones. Personal hygiene is important to minimise contact with chemotherapy waste products through your bodily secretions. We advise you to take a shower or bath once a day and wash your hands thoroughly after going to the toilet.

Medication

If you are taking chemotherapy in tablet form at home, pay attention to the following:

- Do not grind or break medications: if you cannot swallow the tablets and you are allowed to dissolve them according to the package insert, you can dissolve them in a medicine cup. After you have drunk it, you can put the cup in a double bag. This can be a plastic bag. Close this bag tightly. Place the tied plastic bag in a rubbish bag and then throw it away with the household waste (residual waste) or clean with normal washing-up liquid.
- Wash your hands after taking the medication.
- Leftover medication must always be returned to the pharmacy.



Urine and faeces

- If possible, use a different toilet than your loved ones
- Men are advised to urinate while sitting down as this causes less splashing.
- Remove any drops on the toilet seat by dabbing with dry toilet paper.
- Flush the toilet twice after use with the lid down (if there is one).
- If you have a bladder catheter, replace the collection bag daily (possibly with home care). Put the collection bag (due to possible leakage) in a double bag. This can be a plastic bag.

- Close this bag tightly. Place the tied plastic bag in a rubbish bag and then throw it away with the household waste (residual waste).
- When emptying a bedpan or urinal, avoid splashing by gently pouring the contents down the inner rim of the toilet.
- First rinse a bedpan or urinal with cold water. Then clean with a normal soap solution such as an all-purpose cleaner. Do not use chlorine or alcohol.
- All excretion products can be disposed of via the sewer.
- Wash hands thoroughly after using the toilet and cleaning the urinal/bedpan.



Disposable gloves

In case of contact with urine, faeces and vomit, we advise carers/loved ones to wear disposable gloves. This applies both for cleaning activities and contact with visibly contaminated laundry.

Cleaning

- Clean the toilet and washing/bathing facility once a day and after vomiting or diarrhoea with a normal soap solution, such as an all-purpose cleaner. Do not use chlorine or alcohol. Chlorine and alcohol fixes rather than removing.
- If the floor or carpet has become contaminated with vomit, urine or other bodily fluids, clean it with a regular soap solution such as an all-purpose cleaner.
- After the first week, clean the toilet brush with a normal soap solution such as an all-purpose cleaner. Do not use chlorine or alcohol.

Contaminated laundry

The following applies to laundry that has come into contact with urine, faeces, vomit or heavy perspiration:

- Collect the laundry in a separate, sealable plastic bag.
- Wash it immediately. If you cannot wash it immediately, submerge a single item of clothing in a bucket of cold water.

- First, use a cold rinse programme with only the visibly contaminated clothing or bedding, so do not add any other laundry.
- Then a washing programme that is suitable for the material. You may add other laundry to this.

Vomit

- Take special care if you have received chemotherapy as a tablet, capsule or oral solution. Up to two hours after ingestion, the chemotherapy is still present in a high concentration in vomit.
- If possible, go to the toilet if you are vomiting.
- If this is not possible, use as much disposable material as possible. Such as a plastic carrier bag in a bucket. Immediately dispose of the bag in a separate double plastic rubbish bag to prevent leakage.
- Vomit may be disposed of in the toilet. Flush the toilet twice with the lid down.
- Wash your hands with soap after vomiting or cleaning up vomit.

- If you are feeling sick and vomit occasionally, place a disposable underpad or towel on the pillow.
- The acid from the vomit increases the risk of cavities in your teeth. That is why it is important that you rinse your mouth with plenty of water after vomiting.

Waste

Waste materials such as used disposable gloves, disposable underpad, incontinence material, vomit containers or stoma material should be collected in a plastic bag and then in a plastic rubbish bag. You can dispose of this with normal household waste (residual waste).

Other materials used

No special measures are required for the use of cutlery, crockery and other consumables.

Sex

It is not known whether and to what extent cytostatica are absorbed into the semen or the mucous membrane of the vagina. Therefore, use a condom during intercourse during the risk period.

Pregnancy

Cytostatica can cause birth defects. It is therefore advisable for both female and male patients to prevent pregnancy during and after treatment by using contraception. Oral contraceptives (the pill) are not reliable during chemotherapy. Discuss which contraceptive measures and for how long they should be used with your treating doctor. If pregnancy is suspected, inform your doctor immediately. If someone close to you wishes to have children or is pregnant, it is extra important to follow all the above advice. Reason: the chemotherapy can have a negative effect on the pregnancy, especially during the first three months. If you follow the advice, there is no objection to visiting pregnant women.



Questions

If you have any questions about this brochure, you can contact the oncology nurse on working days during office hours on telephone number: 7800493.



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