

# Handling Chemotherapy Safely

Chemotherapy medicines, also called chemo, may be present in stool, urine, saliva, blood, mucus, vomit, or drainage. Small amounts are also in vaginal and semen body fluids. To be safe, avoid contact with the chemo medicines and body waste and fluids. Follow these safety guidelines for 48 hours after each time you have chemo.

When you are given chemo, the staff may wear gloves, gowns, masks or goggles when handling chemotherapy, blood and body waste.

## **Avoid Contact with Body Waste**

Follow these safety guidelines anytime you might touch body fluids or waste. This includes urine, stool, vomit, blood or containers that touch these such as the toilet, bedpan or ostomy bags.

- Buy latex or latex free gloves that are chemo safe at your local pharmacy.
- Wear the gloves when touching anything that has body fluids on or in it. Put gloves on before touching the toilet, bedpan, ostomy bag, diaper, bed sheets or pads. Wash your hands with the gloves on, then remove the gloves and wash your hands again.
- Men should sit down on the toilet.
- Empty body waste into the toilet. Empty it close to the water to limit splashing.
- Flush the toilet twice with the lid down.
- Clean containers after each use with soap and water. Rinse well.
- If you use diapers, use disposable diapers.
- Clean the toilet bowl in the usual manner. Clean up splashes with soap and water.

# Si Nabdoon u Isticmaalidda ku Daaweynta Kiimikada

Daawooyinka kiimikada ah, oo sidoo kale loo yaqaanno *chemo*, waxaa laga yaabaa in ay ku jiraan saxarada, kaadida, candhuufta, dhiigga, dheecaanka, matagga, ama tifqidda. Xaddiyo yar-yar ayaa sidoo kale ku jira dheecaannada shahwada iyo hoosta haweeneyda. Si aad ammaan u ahaatid, ka fogow taabashada daawooyinka kiimikada ah iyo wasaqda iyo dheecaannada jidhka ka soo baxa. Raac tusaalooyinkaan ammaanka ah 48 saacadood mar kastoo aad kiikimo qabtid ka dib.

Marka lagu siiyo kiimiko, shaqaaluhu waxaa laga yaabaa iney xirtaan gacno gashi, goonnooyin, waji dabool ama muraayado indhood markay isticmaalayaan kiimiko wax ku daaweyn, dhiig iyo wasaqda jidhka.

## **Ka Fogow Taabashada Wasaqda Jidhka**

Raac tusaalooyinkan ammaanka ah waqti kasta oo laga yaabo in aad taabato dheecaanno ama wasaq jidh. Tan waxaa ku jira kaadida, saxarada, matagga, dhiigga ama weelasha taabtay kuwaan sida musqusha, tuujiga ama bacda meesha la qalay xiro si qashinku ugu ururo.

- Farmashiyaha xaafadda ka soo iibso gacno gashi dheeh leh ama aan dheeh lahayn kaasoo ah kuwo ammaan u ah kiimikada.
- Xidho gacno gashi markaad taabanayso wax kasta oo dheecaan jidh dusha ama gudaha ku leh. Gacno gashiga gasho ka hor inta aadan taaban musqusha, tuujiga, bacda jidhka qashinka ka saarta, xafaayadda, go'a sariirta ama cadadka marada ah. Dhaq gacmahaaga iyagoo gacno gashigu kuugu jiro, ka dibna iska saar gacno gashiga ka dibna mar kale gacmaha iska dhaq.
- Raggu waa iney ku fadhiistaan musqusha.
- Wasaqda jidhka musqusha isaga bannee. Ku bannee meel u dhow biyaha si aad u xaddiddo firidhka.
- Musqusha biyo ku sii daa iyadoo daboolan.
- Weelasha saabbuun iyo biyo ku nadiifi markaad isticmaasho ka dib. Si wanaagsan u biyo raaci.
- Haddii aad isticmaashid xafaayad, isticmaal xafaayadaha la tuuro.
- Fadhiga musqusha u nadiifi sidii caadiga ahayd. Saabbuun iyo biyo ku nadiifi firidhka biyaha.

Handling Chemotherapy Safely. Somali.

- Trash that has been soiled with medicine or body fluids or waste should be put in a leak-proof plastic bag. Then, put this bag in a second plastic bag.
- Wear gloves to throw away soiled trash. Wash your hands with the gloves on. Then remove the gloves and wash your hands again.

## **Laundry**

- Wear gloves to handle laundry that has been soiled by body fluids.
- Place it in the washer without mixing with other laundry.
- Use normal detergent and hot or warm water.
- Wash this laundry right away. If this is not possible, put it in a plastic bag and wash it as soon you can.
- Wash your hands with the gloves on. Then remove the gloves and wash your hands again.

## **Spills**

If body fluids splash or spill:

- Put on gloves.
- Soak up the spill with paper towels.
- Clean spill area with soap and water using paper towels. Rinse the area well with water.
- Throw away paper towels into a plastic bag. Then place that bag into another plastic bag.
- Wash your hands with the gloves on. Then remove the gloves and wash your hands again.

## **Skin and Eye Contact**

If body fluids touch your skin or eyes:

- Wash your skin with soap and water for 5 minutes. Call your doctor if the skin stays red or irritated for more than one hour.
- Flush your eyes with water for 5 minutes. Call your doctor **right away**.

- Qashinka lagu riday daawooyinka ama dheecaannada jidhka ama wasaqda waa in lagu ridaa bac balaastik ah oo aan waxba sii deyneyn.
- Xidho gacno gashi si aad u tuurto qashinka wax lagu riday. Gacmaha iska dhaq iyadoo gacno gashigu kuugu jiro. Ka dibna iska saar gacno gashiga ka dibna mar kale gacmaha iska dhaq.

### **Dhar dhaqid**

- Xidho gacno gashi si aad u isticmaashid dhar dhaqidada lagu taabtay dheecaannada jidhka.
- Geli dhar dhaqaha adiga oon ku qasin oommada.
- Istimaal oommo caadi ah iyo biyo kulul.
- Dharkaan isla markiiba dhaq. Haddii taasi aysan suuroggal ahayn, ku rid bac balaastiko ah ka dibna dhaq sida ugu dhakhsaha badan ee aad u awooddo.
- Gacmaha iska dhaq iyadoo gacno gashigu kuugu jiro. Ka dibna iska saar gacno gashiga ka dibna mar kale gacmaha iska dhaq.

### **Soo daadashada**

Haddii dheecaannada jidhku ay soo firdhadaan ama soo daataan:

- Gacno gashiga gasho.
- Waxa soo daatay ku qoo warqadda tuwaalka ah.
- Meesha wax ku daateen saabbuun iyo biyo ku nadiifi adiga oo isticmaalaya warqad tuwaal. Meesha si wanaagsan u biyo raaci.
- Warqadda tuwaalka ku tuur bac caag ah. Ka dibna bacda soo geli bac kale oo iyana caag ah.
- Gacmaha iska dhaq iyadoo gacno gashigu kuugu jiro. Ka dibna iska saar gacno gashiga ka dibna mar kale gacmaha iska dhaq.

### **Taabashada Maqaarka iyo Isha**

Haddii dheecaan jidh uu taabto maqaarkaaga ama ishaada:

- Saabbuun iyo biyo isaga dhaq maqaarka ilaa 5 daqiiqadood. Wac takhtarka haddii maqaarku uu casaan sii ahaado ama ku cun-cuno wax ka badan hal saac.
- Indhahaaga biyo ku fur ilaa 5 daqiiqadood. **Isla markiiba** wac takhtarka.

To prevent vaginal and semen fluids from touching your skin:

- Male patients or male partners of patients should wear a condom if sexual activity occurs in the 48 hours after chemo.

**Talk to your doctor or nurse if you have any questions or concerns.**

7/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).

Si aad uga hortagto in dheecaannada shahwada iyo hoosta haweeneydu ay taabtaan maqaarkaaga:

- Ragga bukaanka ah ama lammaanaha labka ah ee bukaanka ah waa iney xirtaan cinjir ama kondom haddii hawl galmo ay dhacayso 48 saacadood kiimikada ka dib.

**La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

Handling Chemotherapy Safely. Somali.

7/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).