

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.

安全處理化療

化療藥物也稱作 chemo，可能存在於糞便、尿液、唾液、血液、黏液、嘔吐物或身體排洩物中。在陰道體液和精液體中也會有少量化療藥物。為安全起見，請避免與化療藥物及身體排洩物及體液接觸。每次接受化療之後 48 小時中請遵守以下安全指示。

當您接受化療時，醫護人員可能穿戴手套、袍子、口罩或護目鏡操作處理化療、血液和身體排洩物。

避免與身體排洩物接觸

任何時候您可能觸碰到體液或身體排洩物，請遵守以下安全指示。這包括尿液、糞便、嘔吐物、血液或這些東西的容器，例如便器、便盆或造口術的袋子。

- 在您當地的藥店購買對化療物安全的膠乳手套或無膠乳手套。
- 當觸碰任何表面有體液或其中裝有體液的東西時，請戴手套。先戴好手套再觸碰便器、便盆、造口術的袋子、尿片、床單或床墊。戴著手套清洗雙手，然後除去手套並再清洗雙手。
- 男性應坐在便器上大小便。
- 將身體排洩物排入便器之內。排洩時靠近水面以限制噴濺。
- 放下便器蓋沖便器兩次。

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- 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.
- 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.

- 每次使用之後用肥皂和水清潔容器。徹底沖洗。
- 如果您使用尿片，請用一次性尿片。
- 如常清潔便器。用肥皂和水清潔噴濺處。
- 已被藥物或體液或身體排洩物弄臟的垃圾應裝在防漏塑料袋中。然後將這個袋子放入第二個塑料袋。
- 丟放弄髒了的垃圾時要戴手套。戴著手套清洗雙手。然後除去手套並再清洗雙手。

待洗衣物

- 請戴手套處理已被體液弄臟的待洗衣物。
- 將待洗衣物放入洗衣機內而不要與其他待洗衣物混合。
- 使用一般清洗劑以及熱水或溫水。
- 立刻清洗這一待洗衣物。如不能立即清洗，將其放入塑料袋，然後儘早清洗。
- 戴著手套清洗雙手。然後除去手套並再清洗雙手。

溢出物

如果體液濺出或溢出：

- 戴上手套。
- 用擦手紙浸透並拭去溢出物。
- 用擦手紙以肥皂和水清潔有溢出物的地方。用水徹底沖洗該處。
- 將擦手紙丟入塑料袋內。然後將這一塑料袋放入另一個塑料袋中。
- 戴著手套清洗雙手。然後除去手套並再清洗雙手。

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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**.

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.

皮膚和眼部接觸

如果體液接觸了您的皮膚或眼睛：

- 用肥皂和水清洗皮膚 5 分鐘。如果皮膚發紅或不適超過一小時，請給您的醫生打電話。
- 用水沖洗眼睛 5 分鐘。立刻打電話給您的醫生。

避免陰道體液的和精液體接觸您的皮膚：

- 如果在化療後的 48 個小時中有性活動，男性患者或患者的男性伴侶應戴避孕套。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

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