

# 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.

# 安全处理化疗

化疗药物也称作 chemo，可能存在于粪便、尿液、唾液、血液、粘液、呕吐物或身体引流中。在阴道体液和精液中也会有少量化疗药物。为安全起见，请避免与化疗药物及身体排泄物及体液接触。每次接受化疗之后 48 小时中请遵守以下安全指示。

当您接受化疗时，医护人员可能穿戴手套、袍子、口罩或护目镜操作处理化疗、血液和身体排泄物。

## 避免与身体排泄物接触

每当您可能触碰到体液或身体排泄物时，请遵守以下安全指示。这包括尿液、粪便、呕吐物、血液或这些东西的容器，例如便器、便盆或造口术的袋子。

- 在您当地的药店购买对化疗物安全的胶乳手套或无胶乳手套。
- 当触碰任何表面有体液或其中装有体液的東西时，请戴手套。先戴好手套再触碰便器、便盆、造口术的袋子、尿片、床单或床垫。戴着手套清洗双手，然后除去手套再洗一次。
- 男性应坐在便器上大小便。
- 将身体排泄物排入便器之内。排泄时靠近水面以限制喷溅。
- 放下便器盖冲水两次。
- 每次使用之后用肥皂和水清洁容器。彻底冲洗。
- 如果您使用尿片，请用一次性尿片。

- 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.

- 如常清洁便器。用肥皂和水清洁喷溅处。
- 已被药物或体液或身体排泄物弄脏的垃圾应装在防漏塑料袋中。然后将这个袋子放入第二个塑料袋。
- 丢弃弄脏的垃圾时要戴手套。戴着手套清洗双手，然后除去手套再洗一次。

### 待洗衣物

- 请戴手套处理已被体液弄脏的待洗衣物。
- 将待洗衣物放入洗衣机内而不要与其它待洗衣物混合。
- 使用一般清洗剂以及热水或温水。
- 立刻清洗这一待洗衣物。如不能立即清洗，将其放入塑料袋，然后尽早清洗。
- 戴着手套清洗双手，然后除去手套再洗一次。

### 溢出物

如果体液溅出或溢出：

- 戴上手套。
- 用擦手纸浸透并拭去溢出物。
- 用擦手纸以肥皂和水清洁有溢出物的地方。用水彻底冲洗该处。
- 将擦手纸丢入塑料袋内。然后将这一塑料袋放入另一个塑料袋中。
- 戴着手套清洗双手，然后除去手套再洗一次。

## **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 15 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.**

## 皮肤和眼部接触

如果体液接触了您的皮肤或眼睛：

- 用肥皂和水清洗皮肤 5 分钟。如果皮肤发红或不适超过一小时，请给您的医生打电话。
- 用水冲洗眼睛 15 分钟。**立刻**打电话给您的医生。

避免阴道体液和精液接触您的皮肤：

- 如果在化疗后的48小时中有性活动，男性患者或患者的男性伴侣应戴避孕套。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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