

- Wash hands with soap and water after taking your gloves off.
- Wear gloves when changing dressings (bandages). Place in double bagged garbage bags and dispose.
- Flush waste (urine, vomit, bowel movements) down the toilet. Put the toilet lid down before flushing.
- Wash soiled clothing/linen separately using soap and hot water.

### Should I let others know?

- Share this information with others who may be helping you at home.
- If you need any ongoing medical care (blood work, hospital visits, etc.) let staff know you are taking cytotoxic drugs.

# Care of Wastes at Home After Cytotoxic Drugs

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## **What is a Cytotoxic Drug?**

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A cytotoxic drug is one that is used to limit the growth of, or get rid of, unwanted cells or tissue.

Cytotoxic drugs can be used to treat cancer (*Chemotherapy*). They may also be used to treat other health problems, such as skin conditions and arthritis.

## **Why do I need to know about safe handling of wastes?**

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While you are taking cytotoxic drugs (and up to 48 hours after your last dose), your body may contain small amounts of the drug. (This includes urine, blood, bowel movements, or vomit).

Small amounts of the drug may be found in your wastes. Take care when handling these wastes so others can avoid accidental contact.

## **How should Cytotoxic Drugs be stored at home?**

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Store all IV drugs in a sealed plastic container in the fridge away from food or drinks. Use latex gloves when handling them.

Cytotoxic pills should be stored out of reach of others. If someone is helping you take pills, they should wear latex gloves when handling them.

## **What do I need to do?**

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### **Take Care:**

- Wash your hands with soap and water after using the bathroom and before making food, eating or drinking.
- If you feel ill, keep a plastic pail close by in case you vomit. Wash and rinse container in hot soapy water.
- If you can not hold your bladder or bowel, place plastic under your bedsheets to protect the mattress. Protect cushions by placing a plastic cover and towel over them before sitting.
- Try not to splash or spill urine or vomit around the toilet. You may need to flush again to remove all visible body waste (i.e. stool).

### **Clean Up & Dispose of Wastes:**

- Wear gloves when cleaning up soiled items, surfaces, and containers. Use soapy water and rinse well.
- Clean up spills and soiled items as soon as you can. Make sure that no one else is exposed.
- Use toilet paper to clean up small spills (flush this down the toilet when done). Once the spill is wiped up, wash the area with soapy water.
- Large spills may need to be cleaned up with paper towels or rags. Wash the area with wipes/paper towels and soapy water.
- Place in double bagged garbage bags and dispose.

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