

Home Precautions after Chemotherapy

Patients and caregivers: Please follow these precautions for the first 48 hours after the patient has chemotherapy. They will help you avoid contact with toxic chemicals that can be found in a patient's body fluids (urine, vomit, blood, stool, saliva, sweat, semen, and vaginal secretions) after chemotherapy.

Using the bathroom

- Close the lid of the toilet and flush 2 times after each use.
- Depending on the chemo drug, you may be asked to use a different toilet from others in the home.
- Men should sit to urinate to avoid splashing.
- After using the toilet, wash your hands with soap and water.

Contaminated items

- You must wear gloves when handling the patients' body fluids. Put contaminated items in a sealed plastic bag and then in the trash. Then throw away the gloves and wash your hands.
- After using any container or device for body waste, thoroughly wash your hands and the container/device with soap and water. Dry it with paper towels and throw away the towels.
- Remove soiled absorbable disposable undergarments immediately and throw them away.
- Sheets or clothes soiled with body fluids: Machine-wash twice in hot water with regular laundry detergent. Wash separately from other laundry. Do not hand wash. If not washing right away, put them in a sealed plastic bag.
- **Accidental contact?** Wash the exposed area several times with soapy water and tell your doctors on the next visit. A single exposure may not do much harm, but repeated exposures take extra precautions to avoid repeated exposure.
- Be sure that someone is with the patient during this time as they may need some help.
- Watch for the symptoms in the "When to Call Your Doctor" section here and on your drug sheet.

When to Call Your Doctor

Call your clinic if you have any of these symptoms:

- a side effect that lasts more than 1 day
- a fever of **100.4°F (38°C)** or higher, taken by mouth
- bleeding
- pain or redness at the IV site where the chemo was given
- trouble swallowing or trouble keeping down fluids or chemotherapy pills

You can also call Roswell Park's Central Access Center at **716-845-2300** and our staff will assist you.