

Contacts

If you have any concerns please contact:

Acute Services Division



The Safe Handling and Disposing of Own Body Waste

Information for patients receiving Chemotherapy

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Introduction

After undergoing chemotherapy your body requires a period of time (at least 48 hours) to eliminate the waste products. In some cases this could take up to 7 days. These waste products are secreted in urine, stools, vomit, semen, and vaginal secretions.

During this time careful precautions are necessary whether you receive your treatment in hospital, in the clinic, or at home.

Skin

If urine, stool, or vomit, come in contact with your hands or other body parts, wash the area immediately with soap and water and dry thoroughly. If carers have contact with your body waste, they should wear disposable gloves*.

Toilet

The toilet should be flushed twice immediately after each use, with the lid down. During this time, toilet bowls should be cleaned whilst wearing disposable gloves*.

Male patients should urinate sitting on the toilet to minimise splashing.

Remember always wash your hands with soap and water and dry thoroughly.

Bedpan, Urinal, or Sick Bowls

The carer should wear disposable gloves* when handling these containers. After each use, empty and rinse the container well with water. At least once a day, put on gloves and wash the item with soap and water. Discard the gloves after each use, and wash your hands with soap and water.

Incontinence Pads and Sanitary Wear

Patients or carers should always wear disposable gloves* when changing incontinence pads. The pad or sanitary wear should then, for sanitary reasons, be “double bagged”. Place the waste first into a plastic bag tying the top of the bag. Then put this bag into another plastic bag, again tie this bag as before, and discard it in the general household waste.

Bed Linen (Sheets) And Clothing

Wash bed sheets that are soiled with urine, stool, or vomit as soon as possible. If you cannot wash them immediately, place them in a plastic bag tied at the top. Place the linen in the washing machine and discard the plastic bag in the general household waste.

Wear disposable gloves* when handling soiled sheets etc.

Ostomy Care

Patients or carers should wear disposable gloves* when emptying or changing the appliance. For sanitary reasons, soiled supplies are discarded “double bagged”. Place the waste first into a plastic bag tying the top of the bag. Then put this bag into another plastic bag, again tie this bag as before, and discard it in the general household waste.

Pregnant Women

Pregnant women helping patients should avoid coming in contact with the patients’ urine, stool vomit or semen during treatment and for the first 2 to 7 days after each chemotherapy treatment.

Intercourse

It is safest to wear a condom during intercourse. This will protect you and your partner from any exposure of residues from the chemotherapy drugs, which may be present in semen and in the vagina. The used condom should then be placed in a plastic tied bag, then put this bag into another plastic bag and discard it in the general household waste.

*All disposable gloves should be used only once and then discarded.