

Things you need to know

1. For All Hazard Risk drugs

Your family can share the toilet as long as you make sure it is flushed after you use it, and the seat is clean and dry.

Try not to splash or spill urine or vomit on or around the toilet.

If you have problems with holding your urine or bowel movements, protect furniture by placing a plastic sheet under your bed linens or on chairs where you normally sit.

2. For Medium Hazard Risk drugs For High Hazard Risk drugs

For 48 hours after getting chemotherapy, always use a condom when having sex. This is because semen and vaginal fluids can contain some of the drug.

What to do with intravenous tubing

If you are getting your chemotherapy through an intravenous pump and have been taught how to stop it when the medication is done:

- Put the pump and tubing directly into the sealable bag (provided by the BC Cancer Agency).
- Seal the bag.
- Store the bag in a safe place, away from children.
- When you go for your next chemotherapy treatment, return the sealed bag.

For more information

- During regular hours, contact your Home Care Nurse.
- Any time of the day or night, call HealthLinkBC 8-1-1 to speak to a nurse.

Community Home Health Offices

Abbotsford	604-556-5000
Agassiz	604-793-7160
Burnaby	604-918-7447
Chilliwack	604-702-4800
Hope	604-860-7747
Langley	604-532-6500
Maple Ridge	604-476-7100
Mission	604-814-5520
New Westminster	604-777-6700
South Delta	604-952-3552
Surrey/North Delta (Gateway)	604-953-4950
Surrey - Newton	604-572-5340
Tri Cities	604-777-7300
White Rock	604-541-6800
Home Health Service line	1-855-412-2121

Questions:

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #257404 (February 2016)
To order: patienteduc.fraserhealth.ca

Dealing with Hazardous Waste at Home



Information for Clients and Families



Hazardous drugs are medications that can be harmful to anyone who is exposed to them. Generally, drugs are identified as a 'low', 'medium', or 'high' hazard risk.

It is important to review your medications with a healthcare professional such as your family doctor, nurse practitioner, home care nurse, or pharmacist. They can explain the hazard risk of the medication.

An example of hazardous drugs is chemotherapy. Chemotherapy is given either in pills **or** directly into the blood through a small flexible tube placed in a vein (called an intravenous or 'I.V.' for short).

Body Waste and Body Fluids

In the **first 48 hours after your chemotherapy treatment**, your body might get rid of some of the drug through body wastes and/or body fluids. These wastes and fluids can be harmful to others **in the first 48 hours**.

Body wastes and body fluids include:

- ✓ Urine (pee)
- ✓ Bowel movements (poop) including ostomy waste
- ✓ Vaginal fluids
- ✓ Semen
- ✓ Blood
- ✓ Vomit
- ✓ Any fluids from wounds or bandages covering wounds

What you will need

- **Nitrile Gloves** – Buy at any pharmacy or medical supply store.
- **'Cytotoxic' waste container** – Ask your home care nurse if you need a special container. Your nurse will give you information on how to get and dispose of the container.
- **Disposable cleaning supplies** – toilet paper, paper towel, soap

How to clean up waste

A. Low Hazard Risk drugs

- Wear one pair of nitrile gloves **every time** you clean up waste or handle soiled items.
- Change gloves every 30 minutes and anytime you see any rips or tears in a glove.
- Place in **regular garbage**:
 - all body waste and body fluids (including wound bandages, ostomy bags, feminine hygiene products)
 - all disposable cleaning supplies

B. Medium Hazard Risk drugs High Hazard Risk drugs

- Each time you use the toilet, close the lid and flush the toilet two (2) times.
- Clean any urine splashes or visibly soiled surfaces on the toilet with soapy water.
- Wear two (2) pairs of nitrile gloves **every time** you clean up waste or handle soiled items.
- Change gloves every 30 minutes and anytime you see any rips or tears in a glove.

- Wash waste or fluids off of the skin or any surfaces with soap and water.
- Clean up spills as soon as possible.
 - For larger spills, pour the bucket of dirty water down the sink or toilet.
- Wash laundry soiled with body waste or fluids separately in the washing machine or sink. Use regular laundry soap.
- Before you take off the gloves:
 - Wash the outside of your gloves with soap and water.
 - Remove the gloves and throw them away in your regular garbage.
 - Wash your hands with soap and water.
- Place in the **cytotoxic waste container**:
 - all soiled disposable items (including wound bandages, ostomy bags, feminine hygiene products)
 - all disposable cleaning supplies (including toilet paper, paper towels, plastic sheeting used to protect furniture)
- If you need to throw up (vomit):
 - Throw up into a container.
 - Empty the container into the toilet.
 - Close the toilet lid and flush the toilet two (2) times.
 - Wash the container with soap and water.