

PATIENT GUIDE TO SAFE HANDLING OF BODY FLUIDS WHILST UNDERGOING CHEMOTHERAPY

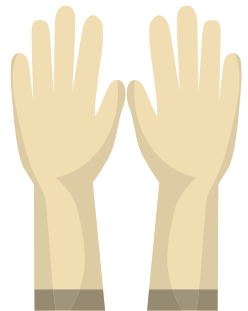
PROPER HAND WASHING TECHNIQUE

- Wet your hands and wrists under running water
- Wash your hands with soap; and with rubbing motions between your fingers, under your nails, over your palm and on the back of hands and wrists. Wash vigorously for at least 15 seconds
- Rinse your hands and wrists thoroughly with water
- Dry your hands with a paper towel
- Turn off the water tap with a paper towel to keep your hands clean



WEARING GLOVES

- Always wear gloves when conducting the following tasks for someone who is receiving chemotherapy:
 - Handling body fluids (e.g. urine, stools, saliva or sputum etc.)
 - Cleaning the bathroom which they use
 - Cleaning up spills of body fluids from surfaces
 - Washing and ironing laundry worn by them
- The gloves must be powder-free, made of latex or latex free. You can buy gloves at your local pharmacy.
- Change your gloves right away when you notice that it has been torn, punctured, or soiled
- Change your gloves after every 30 minutes of continuous use
- Gloves are single use and should be thrown away after each use
- Remember to wash your hands vigorously with soap and water before and after wearing gloves



HANDLING BODY FLUIDS

- Men should sit down on the toilet when passing urine to prevent splashing
- If you are using the bedpan or urinal, you or your caregiver should wear gloves when emptying a bedpan or urinal into the toilet
- Flush the toilet twice with the lid closed after any use
- Rinse the bedpan or urinal after each use, and wash it with household bleach and warm water once a day. Do this carefully to avoid splashing of any body fluids onto your skin or eyes
- Keep the bedpan and urinal in a place that is out of reach of children and pets

- If you use a disposable diaper you should change it as soon as it becomes dirty and wash the surrounding skin with soap and water
- Put the dirty diaper in a sealed plastic bag before throwing it into the garbage
- If you are a caregiver, wear gloves when washing the individual
- If any body fluids come in contact with your skin or clothes remove the clothes right away. Wash your skin for at least 15 seconds with soap and water and pat dry. Wash your clothes as per the usual washing instructions
- Tell your doctor if your skin becomes red or irritated and it lasts for more than an hour after exposure to body fluids
- If any body fluids splash into your eyes:
 - Remove your contact lenses, if you wear them
 - Rinse your eyes for at least 15 minutes with running water
 - Rinse the contact lenses well with contact solution
 - Tell your doctor if your eye(s) become red or irritated and it lasts for more than an hour



For more information about Life Oncology's treatment options visit www.lifehealthcare.co.za or contact your nearest healthcare provider.

